



Pear



Enjoy pears whole, sliced or baked.

No matter how you eat them, this juicy fruit is a good source of **Vitamin C** and **fiber**, especially with the skin on. Pears are in season during the fall and winter, which is also when they'll taste the best and cost the least.

Choose Wisely

Ask your kids to help you find pears that are firm and free of bruises. Ripe pears give to gentle pressure near the stem.

Storage Tip

Ripe pears can be stored in the refrigerator for up to four days.

Is Canned OK?

Yes! Pears canned in 100% juice are the best choice and cost about 95 cents per 15-ounce can.

How to Cut a Pear

- 1 Rinse** pear under cool, running water.
- 2 Place** pear on top of a secured cutting board.
- 3 Cut** pear in half lengthwise using a clean, sharp knife.
- 4 Scoop** out the core and seeds.
- 5 Remove** the stem and **cut** the halves into slices.



Pear Uses

Firm pears can be grated into slaws, baked into muffins and breads, and or grilled.

Ripe pears can be canned, sliced into salads, served with fruit dip, blended into smoothies, or eaten whole.

A good price for fresh pears is \$1.50 per pound or less.



Pick a better snack™



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Apple

Apples come in all shades of **red**, **green** and **yellow**. Apple varieties range in size from a little bigger than a cherry to as large as a grapefruit. The peel is good to eat and has many **nutrients**. Apples have five seed pockets. Do not eat the seeds.



Apples are fruit that grow on trees.

Choose apples which are firm with no soft spots.
Wash under clean, running water before eating.

Varieties

There are about 2,500 varieties grown in the United States. Golden Delicious, Red Delicious, Fuji, and Granny Smith are available year round.

Uses

Apples can be eaten **raw** or **cooked**. They are great to eat as a **quick snack**. Chop and add to fruit salads. Bake in cakes, pies, and cookies. Other popular ways to enjoy are as applesauce or 100% juice.

Nutrition Facts:

- Fat free
- Cholesterol free
- Sodium free
- Good source of fiber
- Good source of vitamin C



Many apples are grown in Maine.

