

# A Lesson on Canned Fruit for Parents

As parents who want the best for your children, you may question the health and quality of canned fruit when it's served at school. It would be wonderful if every school could serve locally-grown, freshly-harvested, ripe-and-ready-to-eat fruit all year long. The truth is, with canned fruit from California, that's exactly what we're doing! Consider these important points:



## 1. CANNED FRUIT = FRESH FRUIT

The canned fruit served in our schools are picked at peak ripeness in the summer months and immediately put into cans so this fresh-picked product can be enjoyed all year long.

## 2. CANNED FRUIT = HEALTHY FRUIT

Canned fruit of yesterday was made with heavy syrup, but today, canning companies use light syrup or fruit juice to greatly reduce the amount of sugar in their products. This chart compares sugar in various foods your child may eat. As you can see, your child is getting a healthy, nutritious product with canned fruit.

### Come taste it!

If you haven't tried canned fruit in a while, we invite you to stop by your child's school cafeteria and give it a try. We think you'll be pleasantly surprised at how fresh and delicious it is.



Source: Nutrition & Cost Comparisons of Select Canned, Frozen and Fresh Fruits and Vegetables, Michigan State University Study, 2012



## 3. CANNED FRUIT = LOCALLY GROWN FRUIT

Like all U.S. schools, California school districts are required by law to purchase American grown products for the meals your child eats at school. California is a big producer of canned fruit. This means that when canned fruit is on the menu, your child is eating local food that is sustainably-grown by farmers who must adhere to the most stringent food safety laws in the world.

## 4. CANNED FRUIT > FRESH FRUIT

The benefits of canned fruit can actually be even greater than fresh fruit. It's easier to store, it lasts longer, it delivers consistent taste and quality, it's available year-round and it's much cheaper and easier for schools to handle and serve with less waste when compared to fresh fruit.

