

Shopping Seasonally

Have you ever gone to the grocery store to buy strawberries in November and realized how much more expensive they are than they were in May? That's because in North Carolina strawberries are only in season from mid-April to mid-June. Fruits and vegetables in season often taste better and are cheaper than when they're out of season.

Since in-season produce usually tastes better than when it's out of season, giving your preschooler in-season produce can make them more willing to try the food. As we all know, it can be hard to get preschoolers to try new foods. Buying produce in season when it's cheaper means you can save money when you're giving your preschooler opportunities to try a new fruit or vegetable. This puts less strain on our wallets because we are purchasing fresh fruits and vegetables at the lowest price during the year. Also, purchasing produce that's in season can encourage children to eat a variety of fruits and vegetables, as they're tasting many different kinds of produce throughout the whole year.

When grocery shopping with your preschooler, you can help them see the differences between in-season and out-of-season produce. For example, you can show them

produce in season, such as zucchini in the summer. They might notice the size or color of the produce. Produce in season may be larger or have a more vibrant color than when it's out of season. You may even try starting a garden together! This is a great way to help our children understand seasonal eating, as you'll grow different fruits and vegetables throughout the year. If you don't have a backyard, you can try growing produce in individual planters and containers. Your Cooperative Extension office can help you get started.

Eating with the seasons benefits our health and our wallets! What in-season produce will you buy for your children this week?

