

# TIPS FOR USING CANNED FOOD



## VEGETABLES

Drain liquid and rinse under running water and add to your favorite soup, stew or casserole



## BEANS

After rinsing liquid off, beans can be used in wraps, nachos, burritos, salsas, or bean burgers!



## FISH

Canned fish can be used in sandwiches, cold salads, tacos, pot pies or pasta.



## FRUIT

Canned fruit is great for smoothies, yogurt, oatmeal and delicious desserts.



## SAUCE

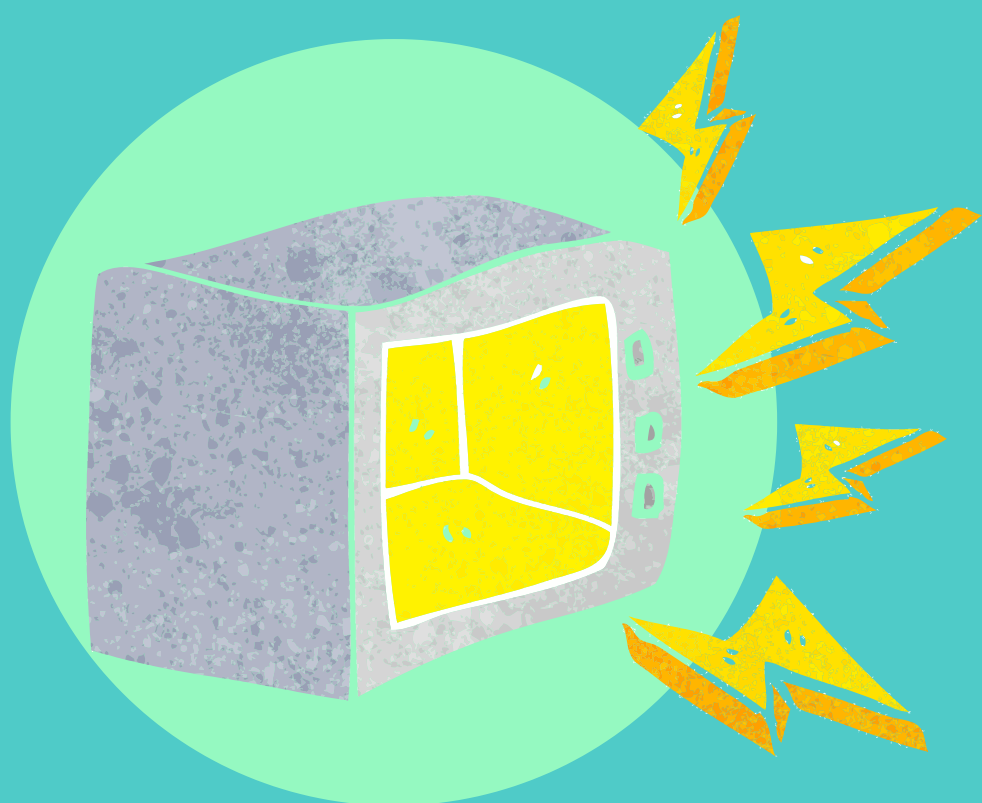
Canned sauce is not only for pasta but can also be used in chili, pizza sauce, casseroles, or soups.



## SOUP

Have you ever thought of using your canned soup as a sauce base for protein sources like chicken?

# GENERAL TIPS



Canned foods are already cooked. Heat them up in a microwave-safe container or in a pot on the stove for a short time to avoid overheating.



Canned beans may be softer than dried beans, but they can save cooking time in the kitchen.

Look for canned fruit in light syrup or fruit juice instead of heavy syrup to reduce added sugar. Also look for low sodium or no salt added canned vegetables and beans to reduce sodium.



Store canned goods in a cool, dry, and dark place. High temperatures shorten shelf life.

Throw out cans that are bulging, severely dented or rusty. Do not eat foods that are moldy, discolored, or have a bad smell.



Canned foods are safe and nutritious for long periods of time if stored properly. Visit [www.foodsafety.gov](http://www.foodsafety.gov) for more information on how long foods are safe to eat past the date printed on the package.