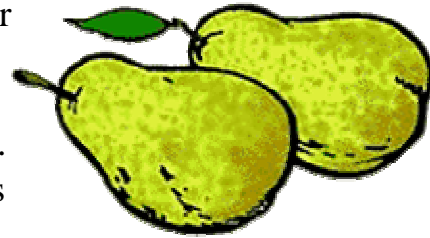


**Pick a better snack –
Pears: Wash. Eat.
How easy is that?**



Quick nibbles:

- Take a whole or sliced pear with you wherever you are going for a sweet treat. You can prevent pear slices from darkening when exposed to air by dipping them in lemon juice.
- Make a quick snack or dessert by slicing pears into low-fat vanilla yogurt.
- Wrap fresh pear wedges with slices of cheese or cooked meat for a tasty mini-meal.
- For an easy salad, toss pear chunks with fresh spinach, chopped nuts and a low-fat salad dressing, such as blue cheese or light vinaigrette.
- Blend pear chunks, orange juice and crushed ice into a smooth fruit drink.



Buying tips:

Choose firm pears without cuts or bruises. Pears are ripe when they yield to gentle pressure at the stem end. A pear's skin color is not a good indicator of ripeness because the color of some pears does not change as the pear ripens. **Storing tips:** Pears are one of the few fruits that ripen best off the tree. Place fresh pears that are too hard in a brown paper bag and store them at room temperature for two or three days. Store ripe pears in a plastic bag in the refrigerator crisper drawer, away from vegetables.

Did you know? Pears provide a variety of essential nutrients, yet contain no cholesterol or sodium, are virtually fat-free and are a good source of fiber.

**Pears: Wash. Eat.
(How easy is that?)**



For more information about healthy eating, contact your local extension office. The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, contact your local SRS Service Center or call 1-800-221-5689.

