

April

Pick a better snack™ with your family - \$ave money and eat smart!

Are you ready for a relaxing island getaway? What if I told you that you could have a mini-vacation for just a few dollars?

You can! Just serve up some tropical pineapple for you and your family. It will give you a taste of the islands right here in Iowa. Pineapple is at its peak of freshness from March through June.

Stay active, stay healthy! Play your way. One hour a day.

Preparing Pineapple

Cutting a fresh pineapple is a little tricky, follow these steps to get you started:

1. Cut off the top and bottom so you have a flat, stable surface.
2. Use your knife to cut off the rough skin.
3. Cut it in half the long way and then in half again so you have four long pieces.
4. Cut into each piece to remove the core, it is the tough piece that runs right down the middle of the pineapple.
5. Chop up the fruit and serve or keep in the fridge for up to a week for snacks.

Saving Money on Pineapple

A good price on a whole, fresh pineapple is \$2.50-3.50. When you consider how much fruit comes from a whole pineapple that is not a bad deal. Choose pineapples that appear more yellow than green and look for pineapple labeled “golden”; it is extra sweet and juicy. Once you cut the pineapple, it will stay fresh in the fridge for about a week.

You can save money by using canned pineapple. Just make sure it is canned in water, not syrup. Canned is often sweeter because it is picked and canned at the peak of freshness.

