

February  
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# EAT BETTER FOR LESS

EatGatherGo.org

## Canned Foods: Unlock the Magic of Quick, Affordable Meals

Canned foods make life easier. Packaged at the peak of their ripeness, canned fruits and vegetables offer vitamins and minerals long after the fresh ones have wilted. Canned meat is often a less expensive way to enjoy protein.

Canned foods are quick to prepare and have a long shelf life - perfect for today's busy lifestyle.

Add these affordable staples to your pantry today with these tips:



- Stock your pantry with canned fruits, veggies and beans to add to meals.
- Look for low-/no-sodium, low-sugar versions. Compare the Nutrition Facts Labels for the healthiest options.
- Do not use rusted, dented, scratched, or bulging cans. These may have harmful bacteria.
- Store canned food in clean, cool, dark, and dry spaces. Don't put them in garages, basements, over the stove, or places with extreme temps.

February is Canned Food Month. Celebrate with these ideas:

- Toss old, expired canned goods.
- Donate canned goods to your local food pantry.
- Challenge your friends or family to a cook-off with canned items. Get creative and enjoy a meal with family or friends.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at [www.eatgathergo.org/programs](http://www.eatgathergo.org/programs).



### Cilantro Lime Tuna Wrap

#### Ingredients

- 3 tablespoons lime juice
- 2 tablespoons mayonnaise
- 2 cans (5 ounces each) tuna in water, drained
- 2/3 cup cilantro, chopped and loosely packed
- 2 green onions or 1/2 teaspoon onion powder
- 1 cup red bell pepper, diced
- 1 jalapeno, minced (ribs and seeds removed)
- 5 medium flour tortillas
- 1 cup shredded lettuce or 5 small lettuce leaves

#### Directions

1. Mix lime juice and mayonnaise together in a small bowl. Add tuna, cilantro, onions and peppers and mix until evenly coated.
  2. Divide tuna mixture between 5 tortillas. Spread to edges.
  3. Top with lettuce and fold or roll into a wrap.
- Refrigerate leftovers within 2 hours.

<https://food.unl.edu/healthy-bites-february-national-canned-food-month>

<https://www.eatgathergo.org/recipe/cilantro-lime-tuna-wrap/>



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