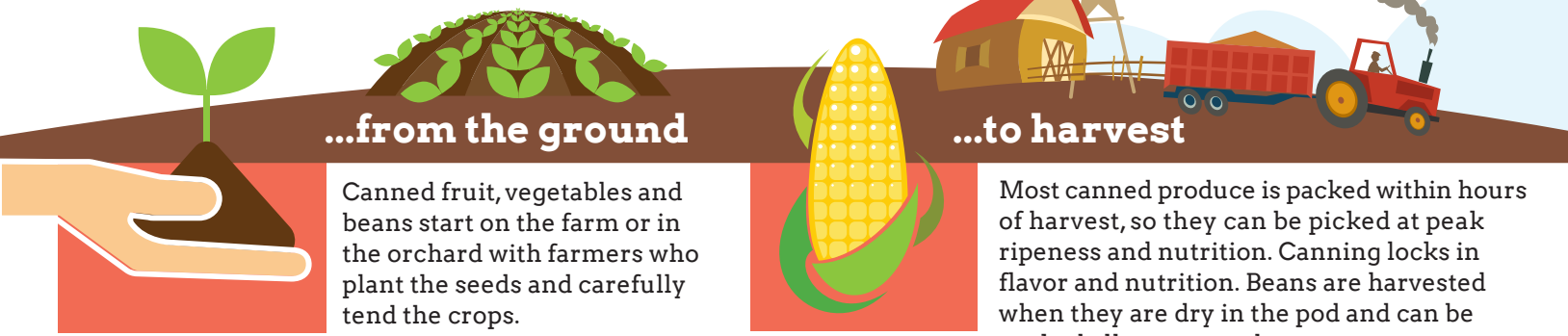


# Serving Up Nutrition:

## The Simple Process that Delivers Canned Food from the Farm to Your Table



### ...from the ground

Canned fruit, vegetables and beans start on the farm or in the orchard with farmers who plant the seeds and carefully tend the crops.

### ...to harvest

Most canned produce is packed within hours of harvest, so they can be picked at peak ripeness and nutrition. Canning locks in flavor and nutrition. Beans are harvested when they are dry in the pod and can be packed all year-round.



### ...into the can

Heating and cooling are the most important parts of the canning process. This is what naturally preserves the food. No artificial preservatives required!

Commercial canning follows the same simple steps as home canning:

<b>STEP 1</b> Wash with water 	<b>STEP 2</b> <b>Fruit and Vegetables:</b> Peel, trim, core, slice, chop, blanch* as necessary  <b>Dried Beans:</b> Hydrate the dried beans and then blanch* <small>*blanching refers to a quick dip in boiling water followed by a brief cold water soak</small>	<b>STEP 3</b> Fill can with food, liquid (water, juice), plus seasoning if needed 	<b>STEP 4</b> Close and seal lid 	<b>STEP 5</b> Heat quickly to a precise temperature for an exact amount of time 	<b>STEP 6</b> Cool quickly 
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Did you know that many canned foods contain three ingredients or less?

### ...off to the store

After labels are added to share important nutrition and ingredient information, the finished cans are off to retailers across the country and around the world.

### ...and to the table

The variety of delicious, nutritious canned foods available year-round make it easy to prepare and enjoy healthy meals with farm-grown ingredients.

### ...all in a safe and sustainable package

Steel cans are the most recycled food package. After enjoying your favorite canned food, be sure to recycle the entire steel can so it can be made into a new steel product. Now that is sustainability!



Go to [Mealtime.org](http://Mealtime.org) for quick and easy ways to incorporate fruits, vegetables, and beans into your diet.