

# Tips For Selecting Fresh Fruits & Vegetables



## 1 SKIN OF FRUITS

Do not buy if skin is broken, cracked or spongy.

## 2 STEM OF VEGETABLE

Check for symbols of disintegration.



## 3 BUY SEASONAL FRUITS

Give preference to locally available fresh seasonal fruits.

## 4 LEAFY VEGETABLES

Should look fresh & bright coloured.



## 5 SWEET SMELL

Smell indicates how well ripened the fruit is.

## 6 RIGID & CRUNCHY

Fresh vegetables are always hard & crisp.



## 7 VIVACIOUS COLORING

For berries, plums & citrus fruits, colour should be bright.

## 8 VEGETABLES WRAPPED IN PLASTIC

This will make them last longer as they are air tight this way.



## 9 CHECK THE PACKING

See the bottom side of the basket for symbols of mold.

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