



An Easier Path to Happy, Healthy Eating

Try smoothies with canned fruit – delicious and so convenient!

Challenge:

Getting your family to eat more whole fruits and vegetables



Solution:

Make delicious smoothies with canned fruits



Rewards:

- ✓ Daily nutrition boost
- ✓ Time and money saved
- ✓ Excited, proud kids
- ✓ Happy, confident parents



Homemade Smoothies: Happy Family, Healthy Eating

In a recent Kid-Tested, Mom-Approved study,¹ moms said that using canned fruits and vegetables in smoothies and other recipes makes them feel better about what they're feeding their kids.

In one week, kids increased their fruit and vegetable consumption by:



61%
Fruit



67%
Vegetables

Helping prepare and try recipes made kids:

- ✓ Excited
- ✓ Happy



Serving more canned fruits and vegetables made moms:

More likely to feel

- ✓ Content
- ✓ Successful
- ✓ Confident

Less likely to feel

- ✗ Worried
- ✗ Stressed
- ✗ Disappointed

"My son was excited when he learned that there were peaches from a can in his smoothie. He was so happy while drinking it and felt full after!"

"This smoothie only required six ingredients. The ingredients were a great blend of healthy items! The preparation was very easy. Using canned fruits makes it super simple."



Make a Smoothie, Make Your Day

In 10 minutes or less, you can make healthy, delicious smoothies with canned fruit.

- ✓ Whole fruits and vegetables
- ✓ Family-favorite canned peaches and pineapple
- ✓ No added sugar



SMOOTHIE RECIPES



Creamy Berry Peach

Yield: 3 cups/2 servings

- 1 can (15 ounces) sliced peaches in juice, drained (1 ½ cups peaches)
- 1 cup frozen mixed berries
- ½ avocado
- 1 cup almond milk

Combine all ingredients in blender and puree.

Strawberry Pineapple Kale

Yield: 3 ½ cups/2 servings

- ¾ cup frozen strawberries
- 1 cup packed, baby kale
- 1 banana
- 1 cup ice
- 2 cans (8 ounces each) pineapple chunks in juice, drained

Combine all ingredients in blender and puree.

- 1 cup almond milk (can substitute dairy milk or plain, low-fat Greek yogurt)
- 4 fresh mint leaves, optional

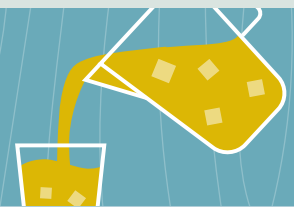
Orange Creamsicle

Yield: 4 cups/2 servings

- 1 can (15 ounces) sliced peaches in juice, drained
- 1 can (10.5 ounces) mandarin oranges in juice, drained
- 1 cup plain, low-fat Greek yogurt
- 1 tsp. orange zest
- ½ tsp. vanilla extract
- 1 cup ice

Combine all ingredients in blender and puree.

Compared to the top 5 brands of store-bought smoothies, these homemade smoothies on average...²



Offer better nutrition benefits

100%
more protein

161%
more fiber

31%
less sugar

12%
less calories

Cost less than half per serving

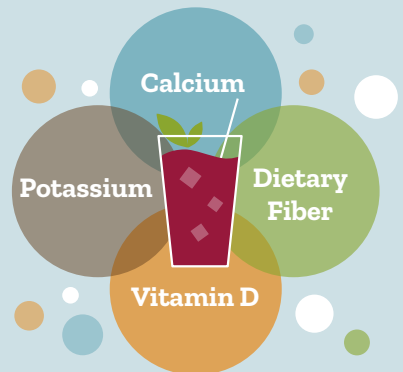


Homemade smoothies

VS.

Store-bought smoothies

Help you get the nutrients many Americans fall short on



Moms who make smoothies with canned produce like peaches and pineapple agree: eating healthier makes them happier.

Source:

1. Kid-Tested, Mom-Approved Study. Silgan Containers. 2017.
2. Nutrition and Cost Analysis Report. Silgan Containers. 2017.