



Selection:

Choose cranberries that are firm, plump, shiny, and range in color from bright light red to dark red. Avoid cranberries that are soft, shriveled, or have brown spots.

Storage:

Store unwashed cranberries in a resealable plastic bag in the refrigerator for up to 2 months. Be sure to check and remove any cranberries that have gone bad, as they will start to decay the others. To freeze, place rinsed cranberries on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a resealable plastic bag and freeze for up to 1 year.

Refrigerator: Up to 2 months

Freezer: Up to 1 year

Use:

Rinse cranberries thoroughly before preparing. Cranberries are good for both cooking and eating raw. If raw cranberries are too tart, cook them before eating. One method is to cook in a pot of water for 10 minutes on medium heat or until the cranberries pop. If cooked longer, they will taste bitter.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Cranberries are normally sold per bag. If they are sold per pound, weigh produce to find out exactly how much it will cost. Place the number of cranberries you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cranberries

Use this table to find the total cost.

Example: What is the total cost for 2 lbs of cranberries at \$0.99 per lb? **2 lbs x \$0.99 = \$1.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

Nutrition:

½ cup medium Cranberries

Nutrition Facts	
Serving Size 1/2 cup (55g)	
Servings Per Container	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 2g	
Protein 0g	
Vitamin A 0%	• Vitamin C 10%
Calcium 0%	• Iron 0%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ cup of medium cranberries.

Recipe:

Cranberry Jumble

Preparation Time: 25 minutes

Serves 2

Cups of Fruit per Serving: ¾ cup

Ingredients:

1 large banana, peeled
¾ cup fresh or frozen cranberries
¼ cup oats
½ teaspoon nutmeg
low-fat frozen yogurt or ice cream (optional)

Preparation:

- 1.) Slice the banana in half, lengthwise and cut into ½ inch pieces.
- 2.) Combine first 4 ingredients in a large non-stick skillet and cook on medium-high heat until cranberries begin to soften, stirring occasionally.
- 3.) Remove from heat; cool slightly.
- 4.) Spoon into 2 bowls and top with low-fat frozen yogurt, if desired.

Nutrition Information per Serving:

Calories 160, Total Fat 2 g, Saturated Fat 0 g,
Cholesterol 0 mg, Sodium 0 mg, Carbohydrates 33 g,
Dietary Fiber 6 g, Protein 4 g.

