



2 Shopping and storage

- Store unwashed, leafy greens in a sealed bag in the refrigerator for 4-5 days.
- Avoid buying leafy greens that look wilted or discolored (yellow or brown).

3 Prep and cooking tips

- Leafy greens include foods like kale, spinach, romaine, Swiss chard, collards, beets, etc.
- Prior to eating or cooking, thoroughly wash leafy greens in cold water to remove soil, debris, etc.
- Add dark leafy greens like spinach or arugula to sandwiches and salads.

1 Nutrition Fact:

- Leafy greens are high in Vitamins A,C, & K and also contain minerals like calcium, iron and folate, a nutrient essential for proper development of the nervous system in unborn children.

Go!

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