

Choose Canned



When it comes to kitchen basics, canned foods are as relevant as ever, helping with the preparation of safe, nourishing and affordable meals, with convenience and flavor in mind. Here's why:

Canned goods, sold in “center store,” are often more affordable than frozen or fresh. According to Seattle's University of Washington Center for Obesity Research, the cost of fruits and vegetables is relatively inexpensive, when measured by their nutrients, rather than their calories⁸. While delivering plenty of nutrition, canned fruits and vegetables can lower the cost of a shopping trip.

Canned foods are nutrient-rich. According to [University of California-Davis](#) research, canned fruits and vegetables, as well as fresh and frozen, all contain important nutrients that contribute to a healthful diet, and fresh isn't always more nutritious⁹. In fact, canned fruits and vegetables are comparable in nutrition to their cooked fresh and frozen forms, according to a [University of Illinois](#) study¹⁰.

Canned foods are picked and packed at their peak nutrition and flavor quality. While perishable and perhaps more costly, fresh fruits and vegetables lose nutrients during storage. In contrast the nutrients in canned fruits and vegetables are relatively stable until they're opened, since they aren't exposed to oxygen during storage¹¹.

Canned foods are convenient and recipe ready. [Canned fruits and vegetables](#) have no inedible peels, leaves, stalks or seeds to trim and discard. Plus, canned foods are [already cooked](#), so they are recipe-ready right from the can.

Canned foods are safe. With the canning process, developed 200 years ago to preserve [food safely](#) and for long periods of time, nutrient-rich foods aren't perishable, as long as the can remains unopened. The metal food can remains one of the most recyclable, economical and, above all, safe and energy-efficient forms of food distribution and packaging because it enables food sterilization and long-term preservation.

Canned foods are “heroes” for emergency planning. (Hint: Keep a manual can opener nearby.) Packed in a can, fruit, vegetables, beans, tuna, chicken, turkey, and hearty soups and chili are [shelf stable](#) and keep their quality for up to two years. They're safe even longer, unless the seal is damaged or the can is bulging.