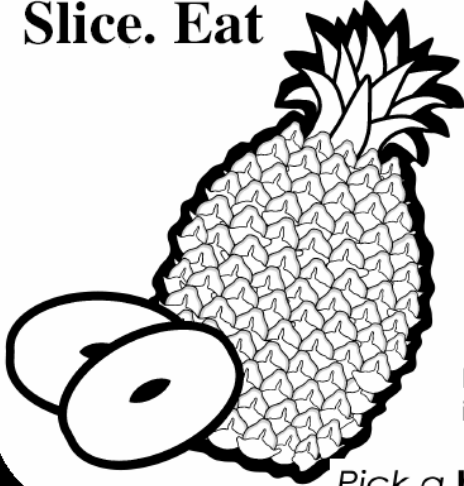


Pick a *better* snack™

(how easy is that?)

Slice. Eat



Pineapple Milkshake

- 20 oz. crushed pineapple, packed in its own juice - undrained
- 2 cups reduced fat or non-fat vanilla ice cream
- 1 cup skim milk
- 1/8 tsp. cinnamon

Pour undrained pineapple, ice cream, milk, and cinnamon into blender. Blend until smooth.

Pick a **better** snack™



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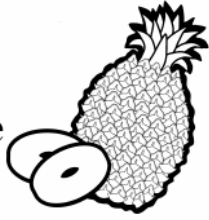
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Pineapple



Wash. Cut. How easy is that?

- Make a pineapple ring into a fun "wheel" by putting a grape in the center hole of pineapple slice.
- Add a slice of pineapple to a grilled cheese sandwich.
- Add pineapple chunks or pieces to a flour tortilla spread with salsa.
Top with cheese to make a "pinearrito."

Buying tips: Pineapples are ripe when picked, so choose pineapples that are fresh with deep-green crown leaves. Avoid fruit that is old looking with dry or brown leaves and those with soft spots.

Special tip: To wash, rinse with cold water when ready to use.

Storing tips: Store ripe pineapple in the refrigerator for 2-4 days. Cut pineapple lasts about 2 days if stored in a tightly sealed container in the refrigerator.

Serving size: 1 cup sliced or cubed

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