

Summary

2009 is “the year of the home cook.” A Mintel and National Association for Food Trade survey shows that 57% of consumers are dining out less. With more time spent in the kitchen, coupled with the economy, consumers want convenient and affordable recipes that won’t sacrifice on taste or nutrition.

This News Bulletin is designed to provide you with the latest in canned food news and facts. We’ve also included some great recipes for you to share with your readers, as well as expert resources to help you build your next food feature.

Watch Video



Carolyn O’Neil, registered dietitian, discusses how canned food fits into mealtime solutions.

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Canned Food Mythbusters Click to find out the FACTS!

MYTH: All canned food is high in sodium.

FACT: Canned food is picked and heat-sealed into the can at the peak of flavor.

MYTH: Canned fruits and veggies contain a lot of preservatives.

FACT: Most canned fruits and veggies contain no preservatives.

MYTH: Fresh is best.

FACT: A study conducted by the University of California-Davis found that canned, fresh and frozen fruits and vegetables each contain important nutrients that contribute to a healthy diet.

MYTH: You can’t cook with canned foods because they get soggy.

FACT: Canned food only needs to be warmed through before serving because it is already cooked in the can.

MYTH: Canned food lasts forever.

FACT: Canning is one of the oldest, most well-trusted forms of food packaging. Canned food as old as 100 years has been found in sunken ships and it is still microbiologically safe.

Recipe Gallery



Fajitas Primavera



Creamy Cilantro-Lime Vinaigrette



Tutti Frutti Teriyaki Chicken



Carrot Spice Cake with Apricot Curd



Mango Tango Black Bean Salsa

Links

- Tips on Sodium
- How Foods are Canned
- Canned Food Research
- About the UC Davis Study *(video)*
- History of Canning
- Canned Food Shelf Life

Visit Mealtime.org

Mealtime.org has hundreds of recipes and tips for cooking with canned foods.

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