

Canned food is one of the most versatile options for creating affordable, quick and healthy meals especially during colder months. But common misperceptions persist about the canning process. Within hours of harvesting, top quality fruits and vegetables are simply and naturally preserved for convenience and year-round availability, so you can enjoy tropical fruit even during the cold days of winter. Cans are also one of the safest and most recyclable forms of packaging available. Watch "Canned Food Field to Table" to get the facts from the people who grow, pack, recommend and cook with canned foods.

Meet the Experts



Tom Barritt
Food blogger



Cindy Brown
Farmer



Tina Reichert
Red Gold, Inc.



Judy Dodd
Grocery R.D.



Andrew Schloss
Chef

Learn the real story of canned food from the people behind the cans, at every step along the way, from the farm to the table.

Essential Kitchen Toolkit



Mealtime.org's Essential Kitchen Toolkit contains the ingredients to help make the most chaotic kitchen run smoother. Check out the resource

that *Family Circle* magazine called "the Cliff's Notes version of home economics class."

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Receive Easy Recipes Right in Your Inbox

Sign up to receive Mealtime.org's monthly CANnection e-mail featuring the latest recipes, cooking tips, news and more.

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Video: Canned Food From Field to Table: A Virtual Tour



Watch how canned foods are picked and packed at the peak of freshness...without preservatives. Learn about the process, nutritional character and inherent value of canned fruits and veggies.

Kitchen Countdown: Easy Recipes by the Numbers



These ten recipes all have one thing in common: they feature 1 pot; 5 ingredients; cost 10 dollars or less; take 15 minutes or less to prepare and have 400 calories or less per serving...literally counting down to healthy meals in minutes.

200 Years of Canning

Find out why canning has been one of the safest, most reliable forms of food packaging for more than 200 years.

Create a Virtual Recipe Box

It's easy to add these Kitchen Countdown recipes to your collection when you use Mealtime.org's personalized "My Recipe Box." Bookmark all of your favorite Mealtime.org recipes here to make meal planning as easy as 1-2-3! You'll have all the information you need right at your fingertips and before you know it, you'll be cooking great tasting, nutritious meals your family will love.

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