

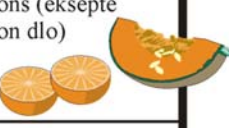










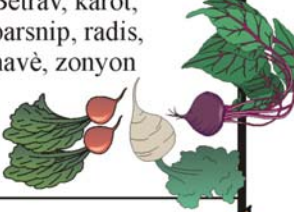

La Sante Nan Lavi Granmoun: Gid Pou Manje Storaj¹

Jennifer Hillan² Si ou pa achte manje souvan, ou achte manje ki pral sevi-w pou anpil tan. Pou ede-w achte kantite manje, men yon gid storaj pou manje ki ka gate. Pwen: Mete fwi avèk legim (ekspete patat) nan tiwa frijide-a, epi kite temperati frijide-a sou 40 degre. Mete patat yo nan temperati nomal.



Fwi Frè	
2 o 3 Jou	Seriz, berries 
3 o 5 Jou	Fig, pèch, melon, rezen, abrico, plum, nectarin 
1 Semen	Citrus, kousinèt melons (eksepte melon dlo) 
1 Mwa	Pòm 

Lèt Pwòdwi avèk Zè	
5 o 7 Jou	Lèt kaye 
1 Semen	Lèt 
5 Semen	Zè (nan bwat) 
Plizyè Mwa	Fwomaj rèd 

Legim frè	
3 o 5 Jou	Broccoli, chou de bruxelles, kalalou, pwa frans, zonyon vèt, leti, joumou 
1 Semen	Pwa, chouflè, seleri, konkonm, berejenn, pimandoue, salad vèt, tomat 
1 o 2 Semen	Chou 
2 Semen	Betray, karòt, parsnip, radis, navè, zonyon 
3 o 4 Semen	Patat 

1. This is document FCS 8695-HAI is one in a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. Publication date: February 2005. The English version of this Haitian Creole language leaflet is *Healthy Eating for Elders: Food Storage Guide*. This leaflet was developed with funding from the Florida Department of Elder Affairs in partnership with state, county, and local agencies. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>
2. This leaflet was adapted from the USDA publication, *Shopping for Food and Making Meals in Minutes Using the Dietary Guidelines* by Jennifer Hillan, MSH, RD, LD/N, former ENAFS educator/trainer, Department of Family, Youth and Community Sciences, University of Florida. Leaflet design by Joyce Lottinville, Department of Family, Youth, and Community Sciences, Institute of Food and Agricultural Sciences, University of Florida, Gainesville, FL 32611. English version reviewed by Linda B. Bobroff, PhD, RD, LD/N, professor, and Leigh Ann Martin, MESS, former ENAFS project coordinator, University of Florida. Translation by Rodrigue Colas, University of Florida. Translation reviewed by Jean-Elie Gilles, PhD, French and Haitian Literature, University of Florida.