



## **How to Buy Your Fruits and Veggies - Pocket Guide is Out Now!**

*Best Gift You Can Give - HEALTH - Your Pocket Guide to Choosing and Storing Fruits and Vegetables book is out now. Available on Amazon and ShariLikesFruit.com*

**CEDAR RAPIDS, Iowa - Nov. 15, 2024 - [PRLog](#)** -- Your Pocket Guide to Choosing and Storing Fruits and Vegetables: Never Waste Produce Again by Shari Gittleman

Need the right gift for that person who's hard to buy for?

Imagine picking the best fruits and vegetables every time you shop. Think about the satisfaction of knowing how to keep them fresh for as long as possible. Now, you can say goodbye to wasted food and hello to a healthier life with Shari Gittleman's new book, *Your Pocket Guide to Choosing and Storing Fruits and Vegetables*.

This book is a must-have for anyone who wants to eat better and reduce waste. You will learn how to pick and store the best produce right so it lasts longer. It's packed with tips that are easy to follow.

This guide is great for everyone. Whether you are just starting to cook or you've been enjoying fresh produce for years, this book has something for you. It is also a wonderful gift for friends and family who want to eat more healthily.

Here's what you can expect from the book:

- Tips on keeping your fruits and vegetables fresh longer. You'll keep the taste, texture, and nutrients as good as the day you bought them.
- Advice on choosing the best quality produce to enjoy the most health benefits.
- Simple ways to reduce how much food you throw away. This saves you money and is better for the planet.
- Easy instructions and pictures that help you understand everything quickly.

Shari makes eating well exciting again!

This book is handy. You can keep it in your kitchen or take it with you when you shop. It's like having an expert with you all the time. You'll get to know all about choosing the right produce and how to store it.

Here are some reasons to check out this book:

- It's perfect for beginners and food lovers alike.
- If you are interested in a plant-based diet, this book is for you. It has lots of useful tips.
- It's small and easy to carry around.
- Makes a perfect gift for any age and any gender!
- It covers everything from picking ripe produce to keeping it fresh at home.

Shari wants you to enjoy good health!

With this guide, you take a big step towards better health and less waste in your kitchen. Buy *Your Pocket Guide to Choosing and Storing Fruits and Vegetables* today. Learn the secrets to enjoying fresh, tasty

produce without the waste.

<https://sharilikesfruit.com/produce-guide/>

**Contact**

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Source	Shari Likes Fruit
City/Town	Cedar Rapids
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