



NEW SURVEY FINDS CANNED FOODS HELP MOM SOLVE DINNERTIME DILEMMAS *Canned Foods Also Help Families Meet New Nutritional Guidelines*

Washington, D.C., February 1, 2016 – Here’s a reality check: 60 percent of moms think that coming up with dinner ideas is more difficult than getting their children to go to bed on time¹. Moreover, 61 percent of moms frequently resort to takeout or go out to eat because they don’t have the ingredients on-hand to make dinner. But, there’s good news. For parents striving for weeknight cooking success, the solution is right in your pantry: *canned foods*.

It’s no secret that canned foods are convenient, but cans are also an excellent source of recipe inspiration. In fact, 73 percent of moms agree that canned foods help them get homemade meals on the table more often. Importantly, canned foods also help serve up nutritious meals. The new Dietary Guidelines for Americans continue to emphasize that all forms – including canned varieties – are important in getting more fruits and vegetables in your family’s diet, which is critical because only 24 percent of adults are meeting recommendations for fruits and only 13 percent for vegetables.²

“As a mom, I know firsthand that mealtime can be the most stressful time of the day,” said registered dietitian Rebecca Scritchfield. “But as a nutritionist, I know that there are a myriad of nutritional benefits to canned foods. The canning process locks in foods’ nutrition, so the meals I make with canned foods help support a healthy eating routine for me and my family.”

February is National Canned Food Month, so here are a few more reasons to keep a well-stocked pantry, or Cantry[®]:

- Ninety-five percent (95%) of moms are more likely to make home cooked meals if their pantry is well-stocked.¹
- Sixty-six percent (66%) of moms feel stressed if they have to make an extra trip to the grocery store to buy dinner ingredients they don’t have at home.¹
- Nearly half (49%) of moms are most likely to run out of fresh food in their refrigerator on Thursday or earlier.¹
- Adults and children who frequently eat canned foods (six or more times in two weeks) are more likely to meet or exceed their recommended daily allowance for 17 essential nutrients compared to those who eat canned foods less frequently – one-to-two times over the same period.³

“Put down that takeout menu!” said Sherrie Rosenblatt, vice president, marketing and communications for the Can Manufacturers Institute. “Canned fruits and vegetables are picked and packed at their peak of ripeness, sealing in their nutrition, freshness and flavor. Having a wide variety of canned foods on hand – including protein-packed tuna, chicken and beans – helps guarantee that delicious nutrient-rich meals are just a can, *or two*, away.”

For more information, recipe inspiration and the nutritional benefits of canned foods, visit CansGetYouCooking.com and follow Cans Get You Cooking[®] on [Facebook](#), [Twitter](#), [YouTube](#) and [Pinterest](#).

¹ *Statistics from a new survey conducted by Wakefield Research for Cans Get You Cooking.*

² *U.S. Centers for Disease Control and Prevention. Adults Meeting Fruit and Vegetable Intake Recommendations – United States, 2013. Washington, DC. Available at <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm6426a1.htm>*

³ *The NPD Group's Food Impact Profile, Analyzing the Healthfulness of Canned Food Users' Diets, Can Manufacturers Institute, January 2014.*

About Can Manufacturers Institute

The Can Manufacturers Institute (CMI) is the national trade association of the metal and composite can manufacturing industry and its suppliers in the United States. The can industry accounts for the annual domestic production of approximately 124 billion food, beverage and other metal cans; which employs more than 28,000 people with plants in 33 states, Puerto Rico and American Samoa; and generates about \$17.8 billion in direct economic activity. Our members are committed to providing safe, nutritious and refreshing canned food and beverages to consumers.

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