

TINNING TO AVOID BINNING

A journey to canned tomatoes



KEY FACTS



CHEAPER THAN FRESH

saving on transport and storage



EXTENDED SHELF-LIFE

can be kept unopened for 24 months or longer



HELPING REDUCE FOOD WASTE

due to portion control and longer shelf-life



MORE ANTIXODIANTS

lycopene is more available from processed tomatoes



Some nutrients, like **vitamin C**, are lost during heating.