

Smart Shopping for Veggies and Fruits July 2016



TIPS FOR **AFFORDABLE** FRUITS & VEGETABLES



Use fresh vegetables and fruits that are in season. They are easy to get, have more flavor, and are usually less expensive. Your local farmér's market is a great source of seasonal produce.

STICK to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

canned or frozen



Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.

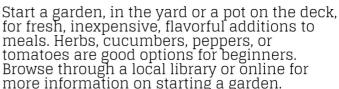


Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

KEEP it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-

washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic



PLANT

EXCERPT FROM CHOOSE MY PLATE.GOV

http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf

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#5

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