

## July 2016 — Smart Shopping for Veggies and Fruits



### TIPS FOR AFFORDABLE FRUITS & VEGETABLES

#### CELEBRATE the season



#1

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

#2

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.

#### STICK to your list



#### TRY canned or frozen



#3

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.

#4

#### BUY small amounts frequently



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



#5

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 forms.

#6

#### PLANT your own



Start a garden, in the yard or a pot on the deck, for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.

EXCERPT FROM CHOOSE MY PLATE.GOV  
<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

### UMRHN Community Members

Catawba Community Mental Health Center ♦ Chester County Representative ♦ Chester County School District ♦ Chester Healthcare Foundation ♦ Chester Regional Medical Center ♦ Eau Claire Cooperative Health Center ♦ Fairfield County School District ♦ Fairfield Memorial Hospital ♦ Good Samaritan Medical Clinic ♦ J. Marion Sims Foundation ♦ John A. Martin Primary Health Care ♦ Mid-Carolina AHEC ♦ Midlands Technical College ♦ North Central Family Medical Center ♦ SC Department of Health and Environmental Control ♦ SC Office of Rural Health ♦ Springs Memorial Hospital ♦ York Technical College