Tips for Low-cost and Healthy Shopping

• Avoid going shopping when you or anyone else is hungry.
• Look at the supermarket and other ads to see what is on sale or on special.
• Make a grocery list of what you need and stick to it.
• Buy vegetables and fresh fruits that are in season as they usually cost less.
• Dried beans and peas last a long time without spoiling.
• Check the expire or best buy dates on products — especially on packaged salad greens.
• Check the label as some items only last a few days after the package is opened.
• If your favorite vegetable or fruit is not in season consider frozen options.
• Read the nutritional values on the label to know what you are buying.

Tip of the Month:
Local farmers offer fresh food at reasonable prices. To find the local farmers’ market closest to you enter your zip code at the USDA Farmers market directory at: http://search.ams.usda.gov/farmersmarkets/ Many Farmer’s Markets accept credit cards as well as the Supplemental Nutrition Assistance Program (SNAP) Cards.