



Smart Shopping

for Fruits and Vegetables



Eating healthy doesn't have to break the bank! With a few smart moves, you can keep your family stocked with fresh, tasty fruits and veggies—without overspending.



1. Buy in Bulk (When It Makes Sense)

Stock up on fresh produce you use often or grab canned and frozen when they're on sale. They'll last longer and stretch your budget.



2. Go for Store Brands

Same quality, lower price! Plus, sign up for store rewards cards to save even more.



3. Keep It Simple

Skip the pre-cut and pre-washed versions. Buying produce in its basic form is usually much cheaper.



4. Grow Your Own

Even a small garden (or pots on a porch!) can give you fresh herbs, tomatoes, cucumbers, and peppers for pennies.



5. Cook Once, Eat Twice

Make extra soups, stews, or casseroles with veggies. Freeze portions for quick meals. Use overripe fruit in smoothies or baking.



6. Shop the Season

Seasonal fruits and veggies taste better, cost less, and are easy to find—especially at farmer's markets.



7. Hunt for Deals

Check store ads, coupons, and discount grocers. A little planning goes a long way.



8. Make a List (and Stick to It!)

Plan meals before you shop. Don't go hungry—you'll avoid impulse buys and leave more room in the budget for healthy picks.



9. Don't Forget Frozen & Canned

Frozen and canned options are just as nutritious. Look for fruit packed in 100% juice and veggies labeled "low sodium" or "no salt added."



10. Buy Smaller Batches More Often

Some produce spoils quickly. Buying less, more often, keeps food fresh and reduces waste.

