

Grocery Tour Tips

- ❑ Plan the main meals your going to cook for the week and create a grocery list. This will help you stay on track and make your shopping easier.
- ❑ Shop with enough time to allow yourself to read food labels.
- ❑ Never shop hungry!
- ❑ The majority of your food you put in your cart should be from the perimeter of the store and not have a food label.
- ❑ To get the most for your money shop: in bulk, what's in season, on sale and lastly compare unit price.
- ❑ Choose fresh or frozen produce. Leave canned food as your last resort. When buying canned food choose "low sodium" or "no sodium added". Select can foods with the least amount of ingredients before consuming drain water and rinse to remove excess sodium.
- ❑ Read food labels. On the nutrition facts choose items with the least amount of sodium and sugar. Choose items with the least amount of ingredients. Avoid ingredients that you don't recognize.
- ❑ Always stock up on foods that can be grabbed as a quick snack such as: sliced veggies and fruit, nuts and seeds, almond or peanut butter, guacamole, hummus, olives, and hard boiled eggs.
- ❑ When possible buy organic and less of those listed in the "Dirty Dozen". These foods are on this list because they have been identified to have the most amount of pesticide residue. For more information visit: <https://www.ewg.org/foodnews/dirty-dozen.php>
- ❑ When possible shop at farmers markets. You will support local farmers, get more for your money and the freshest produce.