10 Tips To Smart Shopping

- 1. Make a list of what is needed for the week
- 2. Bring exact measurements of what you need
- 3. Buy only what you need
- 4. Shop for fruits and vegetables that are in season
- 5. Compare and contrast prices
- 6. Shop store brands
- 7. Look for coupons before
- 8. Shop the sales
- 9. Buy frozen or canned fruits and vegetables
- 10. Get creative with leftovers

Substitutions

Make some of your favorite meals more nutritious while also save money with these food replacements

When making soup replace **pasta** with a whole grain like **brown** rice.

When making chili replace **ground beef** with **beans** to add more fiber.

When making cookies add **apple sauce** in replace of some of the **sugar** to have a healthier sweetness.

When making Mexican dishes replace white rice with a grain like brown rice or quinoa

Easy Recipe:

When making pancakes instead of a box mix try mixing one egg, one banana and Peanut Butter



Local Farmers **Markets**

Wards Berry Farm: 614 South Main Street, Sharon MA

Franklin Farmers Market: Main Street & High Street, Franklin MA

Langwater Farm: 209 Washington Street, North Easton MA

Flint Farm: 789 East Street, Mansfield MA

Brockton Fairground: 600 Belmount Street, **Brockton MA**

Fine Farms, The Corn Crib: 133 Tremont Street, Rehobth MA



In Season Fruits and Vegetables



Avocado

Spring

Apples Lettuce Broccoli Kale **Apricots** Peas Strawberries Bananas **Pineapple Asparagus** Carrots Lemon

Lime

Celery

Summer

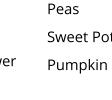
Strawberries Cherries **Apples** Blackberries Cucumbers Summer Squash Cantaloupe Bananas Eggplant **Tomatoes** Cherries Beets Lime Watermelon Bell Peppers Corn

Winter

Summer Squash Cabbage Lemon Broccoli Lime **Tomatoes** Pineapple Carrots Onions 7ucchini Kiwi Turnips **Potatoes** Mushrooms Corn Lettuce

Fall

Green Beans **Apples** Raspberry **Pears** Grapes Bananas Limes Peas **Brussels Sprouts Lemons** Kale Sweet Potatoes Celery Cauliflower Carrots Pumpkin



Rhubarb

