

# 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

# Healthy Eating on a Budget



**Bradi Rounds**

# 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 Belmont Street,  
Brockton MA

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



## In Season Fruits and Vegetables



Apples	Broccoli	Kale	Lettuce
Apricots	Bananas	Strawberries	Peas
Asparagus	Carrots	Lemon	Pineapple
Avocado	Celery	Lime	Rhubarb



### Spring

### Summer

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

### Winter

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

### Fall

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

