



GROCERY SHOPPING TIPS

- ✓ **Stick to the perimeter of the store:** Avoid the aisles.
- ✓ **Keep a list on your fridge:** When something is finished, check it off to buy next time.
- ✓ **Shop according to a meal plans:** Plan out your week ahead of time.
- ✓ **Do not go shopping while hungry:** Make sure you have a snack with you.
- ✓ **Always read the label:** Don't purchase if sugar is located within the first 3 ingredients.
- ✓ **Purchase frozen no-name brands whenever possible:** They're less expensive.
- ✓ **Buy frozen fruits and vegetables:** Instead of canned, not everything, just a few spares.
- ✓ **Experiment with a variety of fruits and vegetables:** Remember eat a RAINBOW!
- ✓ **Take advantage of bulk foods:** Especially nuts and seeds (nuts and seeds should be raw and stored in the fridge).
- ✓ **Avoid prepared, marinated and pre-spiced foods:** Especially meats. Flavouring it yourself can be fun and generally healthier.
- ✓ **Experiment with spices:** Oregano, sage, basil, rosemary, thyme, dill, paprika are good options.
- ✓ **Think of time savers:** Whenever possible, buy pre-washed vegetables – mushrooms, garlic, and lettuce in a bag or cabbage mix in a bag.

