

SENIOR NUTRITION NOTES

Washtenaw County OCED
415 W. Michigan Ave., Ypsilanti, MI 48197
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How to save money while buying fruits and vegetables:

Delicious fruits and vegetables can fit into any budget. In order to get the best value, shop around and use all forms - fresh, frozen, dried, canned, and 100% juice - to get your 5 cups of fruits and vegetables a day.

- ✓ Check store flyers and coupons first - before you go shopping. Plan low cost weekly meals around what's on sale. Make your shopping list and stick to it.
- ✓ Buy fresh fruits and vegetables in season when they are least expensive. Buy nutritious and low-cost frozen or canned fruit and veggies when local, fresh produce isn't available.
- ✓ Choose generic or store brands instead of name brands. Store brands tend to cost less and have similar taste and nutrition.
- ✓ Buy dried beans, peas and lentils to make low-cost soups and casseroles.

Grocery Budget and Meal Plan



Planning your meals in advance will not only save you money on produce, but all your other food needs as well. Meal planning will also help you stick to a healthier diet and is one of the best ways to not waste food at home, as you will only be buying what you need (which, in turn, saves you money). With a meal plan in place it will also be easier to find deals on the items you need by checking prices — either with flyers or apps — before venturing out to the farmers' market or grocery store.