

BUYING FRESH PRODUCE ON A BUDGET

A quick guide on how to save money when buying fresh produce.



1 BUY IN SEASON!

Seasonal produce will often be cheaper or on sale. Check what fruits and veggies are locally produced and what is in season in your area.



2 BUY PRODUCE IN ITS WHOLE FORM

Avoid buying pre-chopped or packaged produce. These can be convenient but are considerably more expensive. Buy vegetables and fruit in their whole form.



3 BUY IN BULK

Often, buying produce in bulk will be cheaper. You can use the produce in several different recipes throughout the week or even freeze, pickle, or can it!

4 COMPARE UNIT PRICES

Check how much product you get for the price. Compare brands to see which is the best deal. Usually store-brand items will be cheaper.



5 CHECK YOUR COUPONS

Look online, in your newspaper, and in coupon books to see if produce is on sale. Why pay full price when there are deals around?

6 GROW YOUR OWN

Invest in a raised bed or a few pots around your porch to grow your own fresh vegetables and herbs year around.



7 PLAN YOUR MEALS AND COOK CREATIVELY

Going into the grocery store with a list will help you buy only what you need. Use your leftover produce in other recipes like smoothies, soups, or casseroles to make them last longer.

