



Shopping Smarts

Fruits and Vegetables have many health benefits. So how do we as consumers buy the best fresh fruits and vegetables, that are high in quality yet cost effective. Below are some tips on how to buy the variety of colorful fresh fruits and vegetables you need ...and save money, too!

- Always buy in-season produce. Seasonal produce is tastier and less costly.
- Take advantage of in-store promotions. Use coupons. Some stores have coupons on line you can customize to the items you normally buy.
- Buy some items to store, and others to eat right away, so you always have a good supply.
- Purchase fresh-looking and fresh-smelling products, they'll last longer.
- Store them properly so they'll last longer.
- As a main course, serve larger portions of vegetables and smaller ones of meat. Offer 2 vegetables and a salad at dinner -- you'll save money, and cut down on fat and cholesterol at the same time.
- Snack on a variety of vegetables and fruits instead of expensive chips and cookies.
- Incorporate fresh produce to enrich your soups, rice dishes and stews.
- Try new recipes or adapt your old ones to include more produce.

