

Carrots are always a good buy in the grocery store and at the farmers' market -Have a simple snack!



fruits & veggies that won't break your budget

Buy fresh fruits and vegetables that are in season and on sale -Look at the store ads. Visit the local

farmers' market in the summer.



Potatoes have a longer shelf life - Use roasted or mashed potatoes instead of pasta, rice or bread in some of your meals.



© Nutrition Matters, Inc. All Rights Reserved.

This tipsheet can be reproduced for educational purposes.



Carrots are always a good buy in the grocery store and at the farmers' market -Have a simple snack!



fruits & veggies that won't break your budget

Buy fresh fruits and vegetables that are in season and on sale -Look at the store ads. Visit the local farmers' market in the summer.



Potatoes have a longer shelf life - Use roasted or mashed potatoes instead of pasta, rice or bread in some of your meals.

