

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.*



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



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

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