Let’s Go Shopping!

1. Pick up fresh produce & bread. Check produce for soft spots or molding. Make sure fruit & veg are firm. Look for locally grown or organic produce and whole grain bread.
2. Go to the deli counter. Look for locally grown, grass-fed, and free range meats. Lean meat choices are turkey, chicken, and pork.
3. Continue to the eggs and dairy section. Purchase low-fat or fat-free milk.
4. The middle of store has canned beans, cereal, pasta, & rice. Stay away from highly processed foods in this area-like cookies, chips, and soda.
5. Hit the frozen food section for frozen fruits and veggies.
6. You’re done! Checkout!