

MARCH 2022

Navigate the Grocery Store Like a Pro

PHYSICAL

DEVELOPMENTAL

SOCIAL

ENVIRONMENTAL

FINANCIAL

EMOTIONAL

Remember These Basic Shopping Tips

- You don't have to shop at Whole Foods to purchase healthy food! Visit a few local markets to find the one with the best deals – including farmers' markets, which frequently offer discounts at the end of the day
- Buy generic brands, especially for items that serve as “minor” ingredients
- Pick a bulk-shopping “buddy” and share your perishable bulk items to take advantage of deals and avoid waste
- Create an eating plan – make large portions to provide intentional leftovers and keep your favorite healthy recipes close at hand

Welcome to the Market

Most supermarkets and grocery stores share a similar layout. Use our map with section-specific tips to help you save money on your next deliciously healthy food shopping trip!

Produce Section

This is a great place to find healthy food options, but it's usually where things can get expensive.



- Don't buy pricey pre-cut items. Buy whole foods and cut them when they're ready to use. Pre-cut items perish more quickly (and you're paying extra for someone to cut your food!)
- Consider purchasing frozen fruits and vegetables instead of fresh produce – while frozen items could initially be more expensive, they are fully ripe when frozen and keep for longer (which means less waste!)
- Nuts and dried fruits may be more expensive options, but they're lasting, healthy snacks when eaten according to serving size

Central Aisles

- The majority of healthy shopping happens on the perimeter of the market where stores typically keep fresh foods. The highly processed foods in the middle aisles are often less expensive but will cost you and your health in the long run!
- You can also find healthy, frozen and canned foods in the middle aisles



Bakery Section

Stick to your shopping list and pass up the temptation of dessert items if possible. Healthier choices, such as whole fruit or flavored Greek yogurt, can satisfy your sweet tooth.



Meat, Poultry & Fish Section

Reach less for red meat and consider alternative protein options to animal-based ones. Head into the inner aisles for dry and canned beans.

Checkout

Exercise restraint before you get to the register. Deals or discounts, don't need to derail your plans or leave you with multiples of a potentially unhealthy item. It's okay to keep an eye out for discounts on staple items and stock up if they're non-perishable.



Snacks, Cookies & Candy Aisles

Shop by yourself and when you're not hungry – it helps you stick to your shopping list and avoid unhealthy impulse buys.



Dairy Section

Be sure to check expiration dates so you have more time to use the items you purchase.



Check out this year's Way to Wellness topics and download our 2022 companion calendar with more great tips and challenges to track for each month. Stay tuned for upcoming topics!