

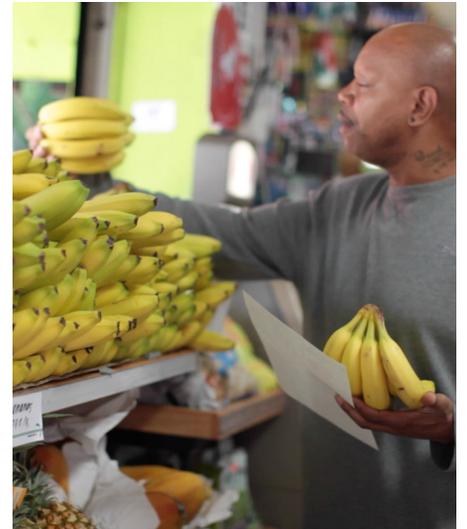
Healthy Eating on a Budget

Tips from our partners at Leah's Pantry and EatFresh.org.

#1

Pick fruits and vegetables that are in season.

Fruits and vegetables that are in season will taste better and be more affordable.



#2

Plan out your meals ahead of time. Eat perishable items, like avocados, first. Save heartier produce like cabbage for later in the week. Store leafy greens in plastic bags without much air. They will last longer that way.



#3

Refrigerate or freeze leftovers immediately after the meal so nothing goes to waste. If you cook, double or triple the recipe and use leftovers in different ways throughout the week.



#4

Keep track of your grocery receipts or collect store circulars to become familiar with food prices. Use these food prices to make a grocery list and meal plan. Knowing exactly what you can spend your money on will reduce impulse purchases, which are usually less healthy choices.

\$5.00 of

Fruits & Veggies

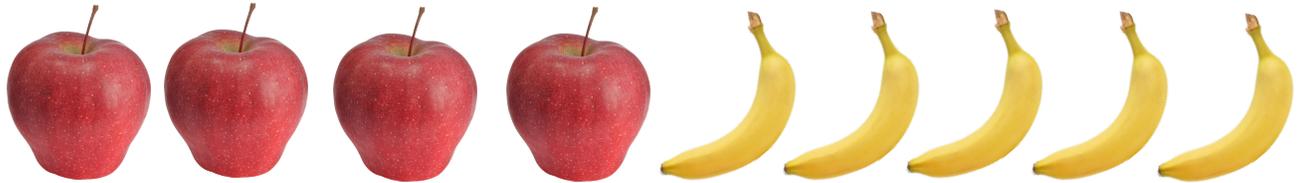
EatSFVoucher.org



Use this \$5.00 fruit and vegetable guide and the tips from the Everyday Food Smarts staff at Leah's Pantry and EatFresh.org to help you budget and save.

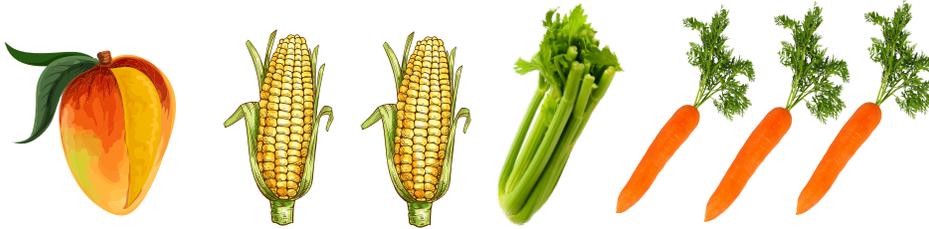
- 1) Compare the cost of pre-packaged foods and bulk items.
- 2) Ask yourself: Is this in season? How will I use this? Is this a good value for the price?
- 3) Choose frozen fruits and vegetables, especially when a food is not in season. For example, frozen strawberries will be less expensive than fresh strawberries in the winter.

\$4.92



4 Apples (\$3.32) and 5 Bananas (\$1.60)

\$4.99



1 Mango (\$1.00), 2 pieces of Corn (\$1.00), 1 bundle of Celery (\$1.99) and 3 Carrots (\$1.00)

\$5.25



1 Bell Pepper (\$1.00), 1 bundle of Broccoli (\$1.25), 2 Russet Potatoes (\$2.00), 2 Zucchini (\$1.00)

\$5.66



1 bag of Spinach (\$2.50), 1 Tomato (\$0.66), 1 Avocado (\$1.50) and 1 Red Onion (\$1.00)

Please note, food prices vary. Check your local store or farmers' market for current prices.