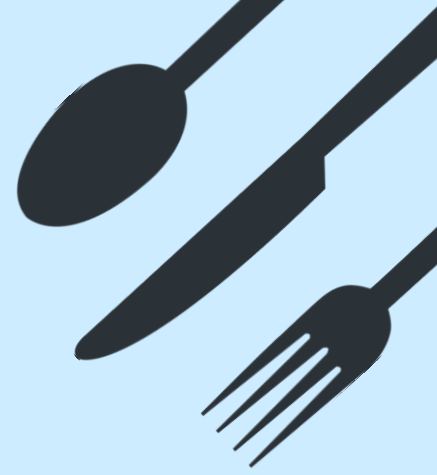


Alice! Health Promotion Guide to Grocery Shopping

Balanced nutrition starts with informed choices in the grocery store. Consider these strategies to get the most out of your shopping trip! Then, use the list on the following pages for some ideas for what to buy!



Before you go grocery shopping...

- Plan your meals ahead of time. Don't forget about healthy snacks! Check out the *Alice! Health Promotion Meal Planner* for some tips.
- See what items you currently have in stock by checking your refrigerator and pantry, then making a list of ingredients you still need.
- Eat before you shop. If you arrive hungry, you may be more likely to purchase unnecessary items!

Save more at the store...

- Check out store flyers for any sales or coupons on items you need. You can also join your store's loyalty program for special offers and discounts!
- Look up and down for savings: Stores often stock the priciest items at eye level, so check out upper and lower shelves, too!
- Most store-brands often cost less than name-brands, so check out the different options before buying.
- Grab from the back: Stores typically stock shelves from back to front, placing the newest and the freshest items behind the older ones.

- If you're able, purchase non-perishable items in bulk, which may be sold at a lower cost.
- Choose fresh fruits and vegetables that are in season. You can also try buying them canned or frozen to save some money.
- Pre-cut and instant items may be convenient, but they can also be more expensive than those that require prep time. Try opting for the whole items instead!



Grocery List

VEGGIES

- Alfalfa sprouts
- Asparagus
- Beets
- Bell peppers
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Collard greens
- Corn
- Cucumbers
- Edamame
- Eggplant
- Fennel
- Green beans
- Kale
- Leeks
- Lettuce greens
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes
- Radish
- Snap/snow peas
- Spinach
- Squash
- Sweet potatoes
- Tomatoes
- Zucchini

FRUITS

- Apples
- Apricots
- Bananas
- Berries
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Guava
- Honeydew
- Kiwi
- Mango
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapples
- Plums
- Pomegranate
- Prunes
- Raisins
- Rhubarb
- Watermelon

LEAN PROTEIN

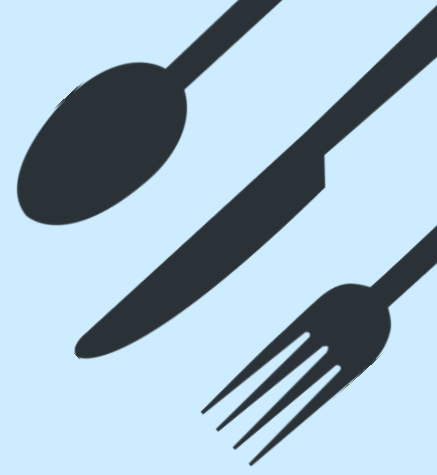
- Beef
- Black beans
- Black-eyed peas
- Chicken
- Chickpeas
- Eggs
- Ham
- Meat or vegetarian burgers
- Hummus
- Kidney beans
- Lentils
- Nuts
- Peanut butter
- Pinto beans
- Pumpkin or sunflower seeds
- Salmon
- Shellfish
- Soybeans (edamame)
- Tempeh
- Tilapia
- Tofu
- Turkey
- White beans

WHOLE GRAINS

- Barley
- Brown rice
- Bulgur
- Cereal
- Couscous
- Crackers
- Kasha
- Millet
- Oats
- Pasta
- Popcorn (plain)
- Quinoa
- Wheat germ
- Whole wheat bread
- Wild rice
- Seeds



Grocery List



SPICES

- Basil
- Black pepper
- Cardamom
- Cayenne pepper
- Chili Powder
- Chives
- Cinnamon
- Coriander
- Cumin
- Dill
- Ginger
- Mustard seeds
- Oregano
- Parsley
- Red pepper flakes
- Rosemary
- Sage
- Thyme
- Turmeric

HEALTHY FATS

- Almonds
- Avocado
- Black olives
- Brazil nuts
- Coconut seeds
- Flaxseed
- Green olives
- Hazelnuts
- Macadamia nuts
- Olive oil
- Peanuts
- Pecans
- Pistachios
- Pumpkin seeds
- Sesame oil
- Sunflower kernels
- Walnuts

NATURAL SWEETNERS

- Agave/agave nectar
- Blackstrap molasses
- Cane juice
- Honey
- Maple syrup
- Sucanat



LOW-FAT DAIRY

- Fat-free sour cream
- Low-fat cheese
- Low-fat cream cheese
- Low-fat milk
- Low-fat yogurt
- Fortified soy, almond, Cashew, and coconut milk
- Low-fat yogurt

WHAT ELSE?

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Resources

United States Department of Agriculture:
Eat Right When Money Is Tight
<http://bit.ly/2tR87n2>

Share Our Strength: *Meeting your MyPlate Goals on a Budget*
<http://bit.ly/2ujB0ut>

United States Department of Agriculture:
Build a Healthy Diet with Smart Shopping
<http://bit.ly/2tjz1lu>