

Shop Smart!



Get The Most Nutritious Foods For Your \$\$\$

Vegetables and fruits in season are usually less expensive and great tasting.

Vegetables and fruits are nutritious whether fresh, frozen, or canned. Compare prices to get the best buy. Here is an example of some fresh produce items and comparable quantities in canned and frozen options:

<u>Fresh</u>		<u>Canned</u>		<u>Frozen</u>
1 pound asparagus	=	14 - 15 ounce	=	10 ounce
$\frac{3}{4}$ pound broccoli	=	15 - 16 ounce	=	10 ounce
2 pounds peas	=	16 ounce	=	10 ounce
4 medium carrots	=	16 ounce	=	10 ounce
$\frac{1}{2}$ pound blueberries	=	15 ounce	=	10 ounce
$\frac{1}{2}$ pound green beans	=	15 ounce	=	10 ounce

Shop Smart Tips

- Check newspaper ads or store flyers for weekly specials on vegetables and fruits.
- Avoid choosing vegetables and fruits with:
 - o added butter, margarine, oil or cheese
 - o added sugar or syrup
- To get the best nutritional value and save money, decrease your purchase of:
 - o salty snack foods like chips
 - o desserts and sweet snacks
 - o jams, jellies or pie fillings
 - o condiments (e.g., ketchup, barbeque sauce, creamy salad dressings)
 - o sugary drinks like soda pop, fruit drinks
- Eat a colorful variety of vegetables and fruits every day. Replace more expensive candy, sweets and other packaged snack foods with vegetable and fruit snacks, such as fruit kabobs, cherry tomatoes, bananas and radishes.
- Use a variety of greens for salads; escarole, romaine, spinach and chicory are rich in Vitamin A. Toss in a can of garbanzo or kidney beans, leftover vegetables or try orange or grapefruit slices.
- Save all leftover vegetables (even one or two spoonfuls) and their cooking liquid. Add to soup, stew or casseroles.

Weigh your options!

It is important to compare prices – some prepackaged vegetables and fruits with a fixed price are a better value than the same item priced by the pound.

In the example below, the fixed price bag of apples is a better value than the same apples by the pound. However, romaine lettuce by the pound yields more than the prepackaged lettuce for the same price. Example: Below are the quantities that cost \$2.99.

	<u>Fixed Price</u>	<u>By the Pound</u>
Macintosh Apples	\$2.99 = 3lb. bag Best value! (approximately 14 apples)	\$2.99 = 2 ½ lbs. (approximately 7 large apples)

Romaine Lettuce	\$2.99 = 8 - 10 oz. bag	\$2.99 = 2 lbs. or 32 oz. Best value!
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The “Chart for Fresh Produce”, shown below, provides a quick estimate of the cost of an item priced by the pound. In some cases it will be necessary to round up the price or weight to match the chart. The example below demonstrates how to use the Shopping Guide to purchase \$5.00 of fresh, frozen and canned vegetables and fruits.

1 Bananas priced at \$0.59/lb.; weight 1 ¾ lbs.
Based on the chart below – find the price per pound and round the actual weight to 2 lbs. The amount for the bananas is estimated at \$1.18

2 Pears priced at 1.46/lb.; weight 1 ¼ lbs.
Round up the price per pound to \$1.49 to match the chart and round the weight to 1 ½ lbs. The amount for the pears is \$2.24

Chart for Fresh Produce (Items that need to be weighed)

Price per pound (lb)	1 lb	1 ½ lbs	2 lbs	2 ½ lbs	3 lbs	3 ½ lbs	4 lbs
0.49	0.49	0.74	0.98	1.23	1.47	1.72	1.96
0.59	0.59	0.89	1.18	1.48	1.77	2.07	2.36
0.69	0.69	1.04	1.38	1.73	2.07	2.42	2.76
0.79	0.79	1.19	1.58	1.98	2.37	2.77	3.16
0.89	0.89	1.34	1.78	2.23	2.67	3.12	3.56
0.99	0.99	1.49	1.98	2.48	2.97	3.47	3.96
1.09	1.09	1.64	2.18	2.73	3.27	3.82	4.36
1.19	1.19	1.79	2.38	2.98	3.57	4.17	4.76
1.29	1.29	1.94	2.58	3.23	3.87	4.52	
1.39	1.39	2.09	2.78	3.48	4.17	4.87	
1.49	1.49	2.24	2.98	3.73	4.47		
1.59	1.59	2.39	3.18	3.98	4.77		
1.69	1.69	2.54	3.38	4.23			
1.79	1.79	2.69	3.59	4.48			
1.89	1.89	2.84	3.78	4.73			
1.99	1.99	2.99	3.98	4.98			
2.09	2.09	3.14	4.18				
2.19	2.19	3.29	4.38				
2.29	2.29	3.44	4.58				
2.39	2.39	3.59	4.78				
2.49	2.49	3.74	4.98				

Shopping List	
Fresh Produce Priced by the Pound (Items that need to be weighed)	
<u>Items</u>	<u>Price</u>
Bananas, 2 lbs	\$1.18
Pears, 1 ½ lbs	<u>\$2.24</u>
Total	\$3.42
Fixed Price (Fresh, Frozen, Canned)	
<u>Fresh</u>	
Not Chosen	
<u>Frozen</u>	
Green Beans (store brand)	\$0.89
<u>Canned</u>	
1-Whole Kernel Sweet Corn	<u>\$0.60</u>
Total	\$1.49
Total for All Items	\$4.91