

Healthy and Useful Tips for Food Shopping

Let's face it, food shopping can be a daunting task. With so many items to choose from, you may find it difficult at times to stick to your list and make healthy choices.

****Follow these easy tips to help you on your next trip!****

1. Before going to the grocery store, make a list. Create your grocery list based on your grocery aisles to streamline your trip. Phone apps can be helpful for this - make a list of all the items you buy weekly and add items as needed. This will prevent extra items from finding their way into your cart!
2. At the grocery store, note that the healthy items tend to be located on the outer perimeter of the store. This is where fruits, vegetables, meats, eggs, and dairy are. The middle aisles are mainly processed food products containing preservatives and artificial ingredients.
3. In the meat section, choose lean meats like lean ground turkey or chicken breast.
4. Be wary of items at eye-level. These are typically the most expensive products, and also the most popular. By looking the shelf up and down, you might find a more exciting alternative, for less!
5. Wash and cut your produce (not greens or berries) when you first get home, you'll be more likely to grab it when you're hungry, instead of an unhealthy snack!