

Easy Ways to... Save Money on Healthy Food



Home

Plan your meals and snacks for the week and **make a grocery list**.

Keep your kitchen cabinets organized and take inventory to avoid buying foods you already have.



Never go shopping hungry. If you are hungry, you will be tempted to buy food that is not on your shopping list.

Reduce waste! Cook with all parts of fruits and vegetables.



Use leftovers. Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.

Farmers Markets

Buy fruits and vegetables in season. The prices are lower and the produce tastes better when it is the right time of year.



Stock up on fruits and vegetables when they are in season and freeze or can them for later use.



Use your EBT/SNAP benefits. For every \$5 you spend at a New York City farmers market using EBT/SNAP, you get a \$2 Health Bucks coupon to buy fresh fruits and vegetables.

Supermarket

Buy fresh, frozen or canned fruits and vegetables.

Buy dried beans, peas and lentils instead of more expensive proteins.



Buy whole foods instead of convenience items. For example, buy whole apples instead of pre-cut apples.

Buy less expensive store brands instead of name brands.

Buy items in bulk or in family packs, such as oatmeal, rice, beans and flour.



Instead of buying sweetened beverages, try tap water infused with citrus!

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables