**Grocery Tips**

- Purchase fresh fruits and vegetables when they are in season. Look at canned and frozen item as another cost savings option.
- Look at the unit price when shopping. Sometimes the smaller sized, brand name item can be cheaper.
- Make a shopping list for the items that you need. Have a game plan for the meals that you want to prepare.
- Don’t buy large quantities of food items if you know that you won’t eat all of it. Throwing out food, is like throwing out money.

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**Keep Your Food Groups In Mind When Shopping**

<table>
<thead>
<tr>
<th>Grains</th>
<th>Fruits/Vegetables</th>
<th>Protein</th>
<th>Dairy</th>
<th>Healthy Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>Berries</td>
<td>Beef</td>
<td>Milk</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>Pasta</td>
<td>Melons</td>
<td>Chicken</td>
<td>Cheese</td>
<td>Canola Oil</td>
</tr>
<tr>
<td>Rice</td>
<td>Apples</td>
<td>Turkey</td>
<td>Yogurt</td>
<td>Peanut Oil</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Grapes</td>
<td>Seafood</td>
<td>Cottage Cheese</td>
<td>Avocados</td>
</tr>
<tr>
<td>Oats</td>
<td>Cherries</td>
<td>Eggs</td>
<td>Cheese</td>
<td>Nuts</td>
</tr>
<tr>
<td></td>
<td>Leafy Greens</td>
<td>Beans</td>
<td>Yogurt</td>
<td>Seeds</td>
</tr>
<tr>
<td></td>
<td>Peppers</td>
<td>Lentils</td>
<td>Cottage Cheese</td>
<td>Fish</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
<td>Nuts</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

This Institution is an Equal Opportunity Provider
Bean Salad
Serves: 6

INGREDIENTS

- 1 can of pinto beans
- 1 can of red kidney beans
- 1 can of chopped tomatoes
- 1 cucumber
- 1 can of corn
- 1/4 cup chopped onions
- 1 tbsp olive oil
- 1 lime
- 1 tsp of honey
- salt and pepper to taste

DIRECTIONS

1. Drain all of your canned ingredients.
2. Rinse your beans and corn.
3. Dice your cucumber and onion.
4. Combine all of your ingredients in a medium-sized bowl and mix.
5. Serve cold.

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