

# Grocery Shopping



## Be prepared

- ❖ Plan ahead and always shop with a grocery list. Stick to your list, this will save you time and money and help you buy only for the foods you need (less impulse buys).
- ❖ Part of being prepared includes not shopping on an empty stomach. If you shop when you are hungry, you may buy foods you don't need.

## Explore grocery stores on island to see where the best place is to buy certain products

- ❖ Cronigs: specialty foods, wide variety of local produce, bulk isle, \*offers a 20% islander discount- sign up for free w/ them!
- ❖ Stop & Shop: best price on fruits and organic vegetables, open late, \*stop & shop card
- ❖ Vineyard Grocer: A little cheaper than Cronigs, avocados are often on sale, local produce available, \*accepts The Island Card on Thursdays for 15% off
- ❖ Reliable Market: great price on store label spices
- ❖ Avoid grocery shopping at convenience stores, which are more expensive and have more unhealthy & processed foods.

## Fill your cart with healthy choices

- ❖ Your cart should be colorful. As a helpful tip, make half of the items in your shopping cart vegetables and fruits. In-season vegetables and fruits are often: **tastier, fresher, less expensive, and more nutrient dense**
- ❖ Fill your cart or basket with:
  - Mostly vegetables and fruits
  - Whole grain, unprocessed foods (quinoa, rice, oats, whole grain or rice pastas that have 1 or two ingredients, etc.)
  - Protein rich foods (choose protein foods that come from plants more often: canned/dried beans & legumes are usually cheaper than meat products)
  - Healthy fats (nuts & seeds, avocados, coconut, nut & seed butters, olive oil)
  - As little from a package as possible
  - Use grocery shopping as a chance to find new healthy foods!

## More tips

- ❖ **ORGANIC**: Follow the EWG's list of clean 15 and dirty dozen when shopping for organic produce (list is attached)
- ❖ Stick to the outside perimeter of the store: this is where whole foods are stocked
- ❖ Frozen foods are a great option and can be cheaper when the fresh produce is out of season

- ❖ Take time to look at food labels. These help you to compare products and choose the healthier option. Focus on the ingredient list – minimal ingredients, whole foods, things you can pronounce and identify. Ex: peanut butter = peanuts
- ❖ Extend shelf life: freeze bread and fresh fruits & veggies, store nuts and seeds in fridge/freezer

### **Be aware of**

- ❖ Certain aisles, freezers and the ready-to-eat food sections that are full of processed and prepared foods that have added sodium, sugars and processed oils.
- ❖ Limit the amount of highly processed foods in your basket. If you buy these foods and have them in your house, you are more likely to eat them.
- ❖ Notice if marketing is influencing your food choices while grocery shopping.
- ❖ Refrain from grabbing last-minute items from the checkout aisle. These tend to be expensive and are usually not healthy options.

### **Think of the environment while shopping**

- ❖ Use reusable shopping bags and skip on the little plastic produce bags
- ❖ Choose products with less packaging (loose lettuce). A lot of food packages end up in the garbage. Buying food from the bulk section also helps reduce the amount of packaging used. And you can bring your own container!

### **Get involved in making your local grocery store a healthier food environment**

- ❖ If you want a certain item and can't find it, ask. Showing your interest can encourage the manager to stock other healthy items.
- ❖ Give your grocery store feedback. Let them know if you think they use too much packaging. Share ideas to replace checkout aisle snacks with healthy options.

# Meal planning

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## Tip to not feel overwhelmed:

- ☐ Make shopping list & grocery shop on Saturday
- ☐ Cook on Sunday

## Use these 4 steps to help you plan your meals!

1. Decide what to eat - write down your meal and snack ideas!
  - ❖ Get recipe ideas from:
    - web sites (Pinterest, Instagram, google)
    - cookbooks
    - magazines
    - friends and family
  - ❖ Check your fridge, freezer and cupboards for foods you have
  - ❖ Look to see what foods need to be used up before they go to waste (google ingredients you have with the word "recipe" at the end)
  - ❖ Focus on cooking items in bulk to use in different meals (grains, lentils, hummus)
2. Make your grocery list - write down the foods you need for your meal plan
  - ❖ Keep a grocery list handy and write down items as you run out of them
  - ❖ Organize your grocery list!
    - by headings that match the sections of the storeOR
  - by dishes you plan to make and their ingredients
3. Go Shopping - Buy the foods on your grocery list
  - ❖ Use your list to navigate the aisles
  - ❖ Stick to your list to:
    - reduce food waste
    - save money and time
    - cut down on impulse buys
4. Start Cooking!

## What to cook?

Cook items in bulk for the week to use in different dishes like salads, sides and sautés

- Roast or steam vegetables
- Make a big batch of rice or quinoa - can use for breakfast too!
- Cook a batch of lentils for the week
- Overnight oats in single serving jars for breakfast

Make a couple dips/sauces/dressings for the week

- Hummus – snack and used in wraps or sandwiches
- Pesto – use over pasta, grains, veggies or on sandwiches
- Dressing – for salad & dinner bowls

Put together a few snack foods

- Fresh fruit on the counter
- Veggie sticks stored in a jar of water in the fridge
- Make a batch of energy balls and store in freezer
- Have a jar of homemade trail mix on your counter for a snack
- Freeze grapes for a healthy dessert sweet
- Boil local eggs to have on hand

Soup is always a great idea to use up left over produce!

\*FREEZE for later is always an option too! – bread, produce or fruit that may be going bad soon, left over sauces, beans and soups, fresh meat & poultry

