

Shop Smart!



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

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

Here's a list of what's in season in New York State during **December – May**:

Fruits: Apples, Pears

Vegetables: Beets Mushrooms Winter Squash
Cabbage Onions
Carrots Sweet Potatoes

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:

Fresh		Canned		Frozen
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:
 - added butter, margarine, oil or cheese
 - added sugar or syrup
- ✓ To get the best nutritional value, do not use your check to purchase:
 - creamed, pickled or marinated vegetables
 - dried fruits or vegetables
 - jams, jellies or pie fillings
 - condiments (e.g., ketchup or chili sauce)
 - baked beans or other beans in sauces
- ✓ 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.

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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.

	Fixed Price	By the Pound
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!

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

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	\$1.18
Pears	\$2.24
Total	\$3.42

**Fixed Price
(Fresh, Frozen and Canned)**

<u>Fresh</u>	
Not Chosen	
<u>Frozen</u>	
Green Beans (store brand)	\$0.89
<u>Canned</u>	
1-Whole kernel Sweet Corn (Name Brand)	\$0.60
Total	\$1.49
Total for All Items	\$4.91