



NourishNet

A FOOD RECOVERY TOOLBOX



Food Shopping



Tips for Pre-planning a Shopping Trip

Create a shopping list before going to the grocery store.

- Check what food is available at home first.
- Reflect on your habits and your upcoming schedule to determine how many meals you intend to make and snacks needed.
- Choose your shopping location factoring in the availability of the foods you need and in-store promotions.
- Add the food items necessary for each meal to your shopping list.
- Shopping on an empty stomach can make every aisle feel overwhelming. If possible, eating a small snack before shopping can help with healthier choices and budgeting.
- When at the store, look for an “ugly” fruits and vegetables section – these foods might look different but are good to eat and less expensive.

Stick to Your Shopping List

Buying in bulk can save you money, **but be smart about it!**

- Make sure you have enough storage space at home.
- Make sure you can use the food before it spoils.
- Compare the price per unit (per ounce) to smaller packages.
- Only buy larger amounts in bulk if you can use it all.

Inadequate storage is a major cause of food waste – think about whether buying in bulk works for your household.



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Choosing Fresh Produce

Try to buy only what you can use:

- Buy loose fruits and vegetables instead of pre-packaged. For example, if you only need one or two onions this week, look for loose onions instead of a large bag.
- Look for in-season produce — it is often cheaper
- Judging ripeness:

Soft, sweet-smelling = **ready to eat**

Firm, less aroma = **store to use later**



Alternatives to Fresh Produce

Frozen

- Just as nutritious as fresh
- Last for months
- Often cheaper than fresh

Canned

- Affordable and shelf-stable
- Watch for added sugar (fruits) and sodium (vegetables)
- Choose fruit in juice (not syrup) and low-sodium vegetables



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