



NourishNet

A FOOD RECOVERY TOOLBOX



Food Shopping



Before Going Shopping

- First check what food you already have at home first
- Consider your shopping location to factor in the availability of certain food items you need and/or in-store promotions
- Reflect on your habits and your upcoming schedule to determine how many meals you intend to make and snacks you might need
- Add the food items necessary for each meal to your shopping list

Buy Food That's in Season

A great way to maximize the lifespan of your fruit & veggies is to buy produce that's in season. When buying fresh fruits and vegetables, try to buy only what you can use.

Spring	Summer	Fall	Winter
Spinach	Green Beans	Cauliflower	Sweet Potatoes
Broccoli	Eggplant	Potatoes	Leeks
Carrots	Zucchini	Yams	Cabbage
Kale	Corn	Onions	Winter Squash
Strawberries	Cherries	Apples	Grapefruit
Apricots	Watermelon	Mangos	Oranges
Pineapples	Peaches	Grapes	

Benefits of Frozen or Canned Foods

Frozen	Canned
As nutritious as fresh	Buying canned foods helps reduce food waste because of long shelf life (2 - 5 years on average)
Last for months	Canned goods are more affordable
Often cheaper than fresh	Watch for added sugar in canned fruits and added sodium in canned vegetables
	Choose fruit in juice (not syrup) and low-sodium vegetables

General Tips

- Try to avoid shopping when you are hungry, it could lead you to over-purchase
- Try to stick to the shopping list you created
- If storage is limited, buy smaller amounts more frequently to avoid spoilage
- When buying fruits and vegetables, if you plan to use them early in the week buy them when they are more ripe. If you plan to use them later in the week, pick ones that need a few more days to be fully ready to eat.

