

Grocery shopping

[vertical list of authors]

[Anna van Raaphorst]

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Grocery shopping

Shopping for groceries

Tips on buying groceries.

About produce

Overview information about produce.

One of the keys to good health is eating lots of produce. It pays to buy fresh fruits and vegetables and serve them often.

You can save money by buying produce when it is in season.

About canned goods

Overview information about canned goods.

Canned goods are easy-to-use and easy-to-store staples in most kitchens. Common canned goods available in almost any grocery store are beans, canned vegetables, and canned fruits.

You can save money on canned goods by:

- buying from chain or discount grocery stores
- buying larger cans

Choosing produce

How to choose produce.

Do your produce shopping *after* you have bought your canned goods. Otherwise, the cans might bruise the fruits and vegetables!

Remember to look for local produce in season. The fruits and vegetables you buy will be fresher and cheaper! Say you're shopping in August for peaches grown locally. When you get to the produce section of your grocery store:

1. Get a plastic or paper bag to hold the peaches.
2. Pick out the freshest peaches you can find, and put them gently into your bag.

To avoid bruising, don't put more than 6 peaches in each bag.

3. Put the bag gently into your grocery cart.

When you check out, be sure the grocery clerk also handles your peaches carefully.

Buying canned goods

How to find and buy canned goods.

Canned goods are usually stored on grocery store shelves by type of food—for example, all canned vegetables in one aisle and all canned fruits in another. Say you are looking for canned olives:

1. Find the olive display by reading the directional signs or asking a store clerk for help.
2. Locate the type of olives you want to buy: green or black.

If you're looking for ingredients for a green salad, green olives might be a better choice. If you're making enchiladas, look for cans of black olives.

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3. Check the sizes and prices to determine the best buy.

For example, if you're planning to make enchiladas tonight and tacos on Friday, a larger can would probably be a better buy.

4. Select a can and look it over carefully to be sure it has no dents that would cause the seal to be broken.
5. Put the can in your cart, finish your shopping, and check out.

Available produce

Reference information about produce.

Item	Type	Price
Apple	Fuji	\$.88/lb
Apple	Granny Smith	\$1.05/lb
Pear	Bartlett	\$.74/lb
Orange	Valencia	\$1.46/lb

Available canned goods

Reference information about canned goods.

Product	Can size	Price
Large black olives	14 oz	\$2.39
Small black olives	6 oz	\$1.78
Large green stuffed olives	20 oz	\$4.56
Small green plain olives	8 oz	\$2.45