

That's My Farmer

Money Saving Tips for Healthy Shopping at the Farmers' Market

- 1. Purchase fresh produce at the peak of the season.** Most fresh fruits and vegetables are priced lower when they are in season.
- 2. Know your farmer.** Ask vendors when certain foods will be cheapest and how to store and prepare different foods.
- 3. Buy whole produce.** Prepackaged and other "convenience" forms of produce (like pre-cut carrots or bagged greens) can cost more than whole forms (like whole carrots and bunches of greens).
- 4. Buy fresh produce in bulk.** Vendors will often reduce the unit price of produce when you buy it in a large quantity. For example, "flats" of fruits have a lower unit price than individual fruits.
- 5. Compare prices** between different vendors for food on your shopping list before buying. You may need to calculate the unit price to do this for some foods.
- 6. Use old bread.** There are many ways to make sure breads do not go to waste. For example, use nearly-stale bread to make French toast, bread crumbs, or croutons.
- 7. Freeze it.** Bread and tortillas can be frozen for up to 6 months if you can't use it all before it goes bad. If you have the freezer space, stock up when you find a good deal.
- 8. Try buying protein foods in bulk.** Beans store well in the pantry, eggs store for 3-5 weeks in the fridge, and meats can be stored in a freezer.
- 9. Cook eggs, beans, and legumes.** They are healthy, less expensive protein options. Try replacing half the meat in dishes with beans or another protein.
- 10. Spend at least \$6 on your Oregon Trail card at the market** and receive \$6 extra through the That's My Farmer SNAP program.

- 11. Buy plant starts and seeds with SNAP benefits.** Growing your own herbs or foods is less expensive than buying them.
- 12. Shop at the end of market.** You may be able to find deals at the end of the market when vendors need to sell the rest of their products.
- 13. Cook enough for several meals and freeze leftovers.** Place enough food for 1-2 meals in each container.
- 14. Create a meal plan** for the week that uses similar fruits and vegetables, prepared in different ways.
- 15. Grow your own vegetables.** Invest a little in seeds, and get a lot of vegetables or herbs in return.
- 16. Don't shop hungry.** Eating a healthy snack before shopping will help you avoid unhealthy temptations and stick to your budget.
- 17. Pick your own.** Late summer and early fall is a great time to pick your own fruits and vegetables at a local farm. This can be both a fun activity and a way to get inexpensive bulk food.
- 18. Keep it simple.** Buy dried beans, peas, and lentils in their raw and uncooked form instead of the processed and packaged versions that cost more.
- 19. Make soup.** It is a healthy and tasty way to use vegetables. Make a big batch and freeze leftovers in smaller containers to heat up later.
- 20. Be creative!** Make the most of your purchases and reduce waste by using fruits and vegetables in new ways. For example, use fruits in dessert and vegetables in soups or stir-fries.
- 21. Freeze fruit and vegetables** while they are in season and add them to a meal when you can no longer buy them.
- 22. When trying new fruits and vegetables, buy a small amount.** Taste a new food before spending your food budget on it.