

TOA

TENNESSEE ORTHOPAEDIC ALLIANCE

SMART GROCERY SHOPPING

PLAN AHEAD

Plan your meals ahead of time and make a grocery list. Grocery store pick up or delivery can be helpful in adhering to the list.

DON'T SHOP HUNGRY

Never shop hungry! Make sure you eat before your big grocery trip. It will save you money in the long run and you can make more conscious decisions.

SHOP IN SEASON PRODUCE

Choose produce that is in season. Right now (May) that includes asparagus, broccoli, cabbage, cauliflower, carrots, collard greens, herbs, kale, lettuce, mushrooms, mustard greens, onions, raspberries (summerbearing), spinach, strawberries, and turnips.

DON'T FEAR THE MIDDLE AISLES

Don't fear the middle aisles. While the perimeter of the store notion that you should only shop the perimeter is misleading. In the middle aisles you can find frozen goods, nuts, dried beans, oats, rice, canned veggies, spices, etc.

STOCK UP ON FROZEN GOODS

Stock up on frozen veggies, fruits, and meats! You may even store a loaf of bread in the freezer. Keeping frozen items helps to avoid food waste and can come in handy.

UNDERSTAND FOOD LABELS

Learn how to read food labels and don't be fooled by green washing, misleading health claims, and other marketing gimmicks.

