

Money Saving Tips

- Take a look at these tips for saving money when shopping for food.
- Check off the boxes that apply to you.
- Start saving money right away by using the tips you are willing to try.

At Home:

- **Make a grocery list and stick to it.** Already do it. Will try it. Not for me.
- **Keep kitchen cabinets organized** so you don't buy what you don't need. Already do it. Will try it. Not for me.
- **Eat before going food shopping.** If you are hungry, you will be tempted to buy food not on your list. Already do it. Will try it. Not for me.
- **Watch flyers for sales** and compare prices among stores. Already do it. Will try it. Not for me.

At The Store:

- **Buy unprepared foods** instead of convenience foods. For example, buy plain frozen vegetables instead of ones with sauces. Already do it. Will try it. Not for me.
- **Buy generic foods** instead of name brands. They are just as good and usually cost less. Already do it. Will try it. Not for me.
- **Buy dried beans, peas and lentils** to make low-cost soups and casseroles. Already do it. Will try it. Not for me.

Add your own tips here:



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This information was provided by/or adapted from JSY, NYSDOH, www.jsyfruitveggies.org.





Making a Grocery List

- Step 1:** Check to see what foods you already have.
- Step 2:** Plan meal ideas for breakfast, lunch, dinner and snacks.
- Step 3:** Look at ingredients needed to fix main meals you have planned.
- Step 4:** Write on the list any foods that you don't already have.

Adapted from UW-Extension, Wisconsin Nutrition Education Program



N J SEASONALITY CHART

Fruits & Berries	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
Apples									
Blackberries									
Blueberries									
Cherries									
Cranberries									
Grapes									
Peaches, Nectarines									
Pears									
Plums*									
Strawberries									

Vegetables	APRIL	MAY	JUNE	JULY	AUG.	SEPT.	OCT.	NOV.	DEC.
Arugula									
Asparagus									
Beans*									
Beets									
Bok Choy									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Chard									
Chinese Cabbage									
Collards									
Cucumbers*									
Dandelion Greens									
Eggplant*									
Garlic									
Garlic Scapes									
Herbs*									
Kale*									
Leeks									
Lettuce									
Lima Beans									
Mustard Greens									
Okra**									
Onions									
Parsnips									
Peas									
Peppers									
Potatoes									
Pumpkins									
Radish									
Scallions									
Squash									
Spinach									
Sweet Corn									
Tat Soi									
Tomatoes*									
Turnips									

- * Plums
- Traditional
- Fall Bearing

- * Cucumbers
- Pickle
- Salad

- * Herbs
- Basil
- Chives
- Cilantro
- Dill
- Mint
- Parsley

- * Kale
- Curly
- Lacinata

- * Peppers
- Bell
- Jalapeno
- Poblano
- Serrano

- * Potatoes
- Idaho (baking)
- Wax
- Yukon Gold
- Purple
- Sweet Potato

- * Squash
- Yellow
- Zucchini
- Winter Squash
- Hubbard
- Acorn
- Pumpkin

- * Tomatoes
- Grape
- Roma
- Beefsteak
- Heirloom

NOTE: Seasonal variations exist in the northern and southern parts of the state.

