



Power Up Your Grocery Shopping!



You may already know what areas to avoid in the grocery store. But do you know the sections that could help you **save money** and **eat healthier**? **Let us be your guide.** Follow the path, stick to these areas, **and save smart!**



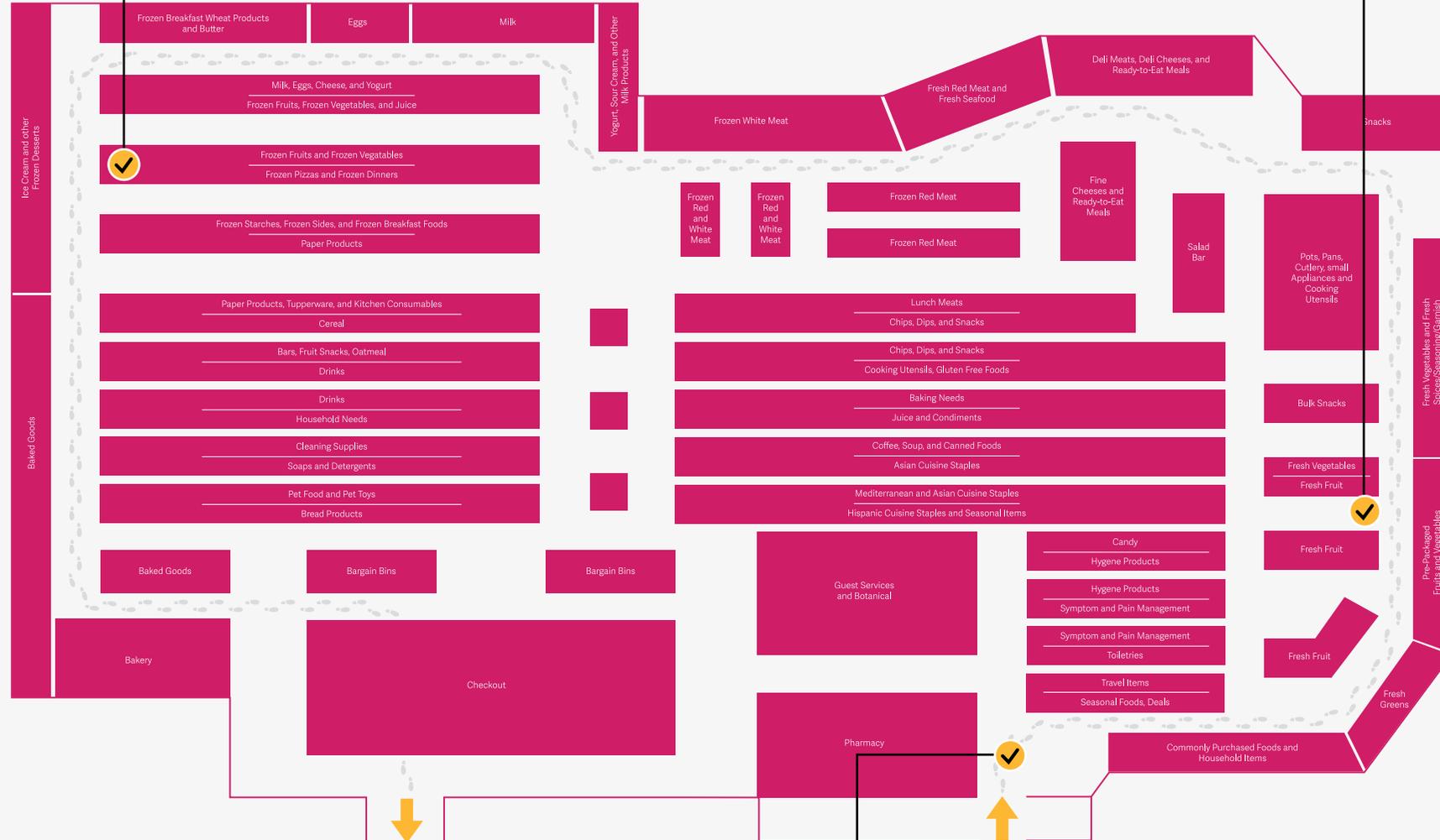
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Don't breeze past the freezers.

It might be easy to overlook the frozen aisle. But frozen fruits and vegetables can be **inexpensive** and **easy to prepare**. Throw some frozen veggies in a soup, fry up some frozen rice and beans, or look up other **quick recipes**.

Stick with what's in season.

For the best prices, try to find **fruits and vegetables** that are **in season**. These in-season fruits and veggies can be tastier — and **higher quality!**



Stock up on food staples.

If you see any food staples that are **on sale**, you might want to **stock up on them for your freezer**. Fruits, vegetables, meats, and other food staples can be **frozen for months**, so don't be afraid to buy enough to last you a long time!

Power walk the perimeter.

Sticking to the areas **outside the interior** can be a smart move. All kinds of **cost-effective** and **healthy foods** hang out in the perimeter: fresh produce, eggs, meat, fish, and more!