Eating Healthy on a Budget Can Be Easier Than it Seems

Read the Labels

Read the ingredient list and nutrition facts to check for artificial ingredients, added sugars, and high fat content. As a general rule, if it has partially hydrogenated oil, a lot of sugar, or words a child cannot pronounce, it may not be the healthiest option.

1. **BUY IN BULK**
   Buying items in bulk is typically less expensive. Costco is a great place to find foods in bulk.

2. **SHOP IN SEASON**
   In season produce is typically less expensive. It is environmentally friendly too!

3. **KNOW WHERE TO SHOP**
   For example, Costco and Ralph's are less expensive than Whole Foods. Look around at prices.

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**Keep Staples on Hand**
Ensuring you have large amounts of your staple foods means you only need to buy produce and proteins on a weekly basis.

**Shop the Sales**
Often times, stores will have specials for the day on certain items. At some stores, getting a rewards card can ensure you get the maximum discount.
### FITWELL PRODUCE BY SEASON

#### Fall
- Banana
- Broccoli
- Brussel sprouts
- Cauliflower
- Collard greens
- Cranberries
- Grapes
- Kale
- Mangos
- Mushrooms
- Pears
- Peppers
- Pomegranate
- Pumpkins
- Salad greens

#### Winter
- Acorn Squash
- Brussel Sprouts
- Butternut Squash
- Cabbage
- Clementines
- Collard greens
- Grapefruit
- Kale
- Kiwi
- Oranges
- Peas
- Pomegranate
- Pumpkins
- Sweet potato
- Tangerines
- Winter squash

#### Spring
- Artichokes
- Arugula
- Asparagus
- Banana
- Broccoli
- Cauliflower
- Chard
- Green Beans
- Pea pods
- Radishes
- Rhubarb
- Salad greens
- Spinach
- Strawberries
- Sugar snap peas

#### Summer
- Apricots
- Banana
- Blackberries
- Blueberries
- Broccoli
- Cantaloupe
- Cherries
- Cherry tomatoes
- Cucumbers
- Corn
- Eggplant
- Green beans
- Honeydew
- Kiwi
- Mangos
- Nectarines
- Peaches
- Plums
- Tomatoes

#### Year-Round
- Apples
- Avocado
- Bananas
- Bell peppers
- Cabbage
- Carrots
- Celery
- Lemons
- Lettuce
- Papayas
- Potatoes

*This list is not all-inclusive.