

Shopping for Groceries

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Chapter 1. Shopping for Groceries

Information about how to buy groceries.

About fruits and vegetables

Overview information about fruits and vegetables.

To stay healthy, eat lots of fruits and vegetables. If possible, buy fresh fruits and vegetables instead of frozen or canned fruits and vegetables.

You can save money by buying fruits and vegetables when they are in season.

Related information

[Selecting fruits and vegetables \(on page 3\)](#)

[Fruits and vegetables \(on page 4\)](#)

About canned goods

Overview information about canned goods.

Most people keep canned goods in their kitchen cupboards. Popular canned goods include beans, canned vegetables, and canned fruits.

To save money on canned goods:

- Buy from discount grocery stores
- Buy large cans instead of small cans

Related information

[Buying canned goods \(on page 4\)](#)

[Canned goods \(on page 5\)](#)

Selecting fruits and vegetables

How to select fruits and vegetables.

Select your fruits and vegetables after you have selected your canned goods. Otherwise, the heavy cans might bruise the fruits and vegetables in your shopping cart.

Look for fruits and vegetables that are in season. In-season fruits and vegetables are fresher and cheaper.
To select peaches:

1. Get a plastic bag or paper bag to hold the peaches.
2. Select the best peaches and put them gently into your bag.
Do not put more than 6 peaches in each bag.
3. Put the bag gently into your shopping cart.

Be sure the check-out clerk handles your peaches carefully.

Related information

[About fruits and vegetables \(on page 3\)](#)

[Fruits and vegetables \(on page 4\)](#)

Buying canned goods

How to buy canned goods.

Canned goods are usually stored on grocery-store shelves by type of food: for example, all canned vegetables will be in one aisle and all canned fruits in another aisle.

1. Read the grocery-store locator-signs or ask a grocery-store clerk to help you find the canned olives that are available.
2. Find the type of olives you want to buy: green or black.
If you are looking for ingredients for a green salad, buy green olives. If you are making enchiladas, buy black olives.
3. Look at the can sizes and prices to get the best buy.
If you plan to make enchiladas tonight and tacos on Friday, buy a large can.
4. Select a can and look at it carefully to be sure it has no dents.
A can with a dent might have a broken seal.
5. Put the can in your shopping cart, finish your shopping, and check out.

Related information

[About canned goods \(on page 3\)](#)

[Canned goods \(on page 5\)](#)

Fruits and vegetables

Reference information about fruits and vegetables.

Fruit or Vegetable	Type	Price
Apple	Fuji	\$.88/lb
Apple	Granny Smith	\$1.05/lb
Pear	Bartlett	\$.74/lb
Orange	Valencia	\$1.46/lb
Squash	Butternut	\$.54/lb

Related information

[About fruits and vegetables \(on page 3\)](#)

[Selecting fruits and vegetables \(on page 3\)](#)

Canned goods

Reference information about canned goods.

Food product	Size of can	Price
Large black olives	14 oz	\$2.39
Small black olives	6 oz	\$1.78
Large green stuffed olives	20 oz	\$4.56
Small green plain olives	8 oz	\$2.45

Related information

[About canned goods \(on page 3\)](#)

[Buying canned goods \(on page 4\)](#)

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