Millions of Americans are unable to access healthy foods because of finances, lack of nearby grocery stores and/or transportation. The following resources and tips can help you save money and access healthy foods.

**Meal Planning and Grocery Shopping**

Meal planning is one way to save time and money. By planning out each week’s breakfast, lunch, and dinner, you can use foods you already have in your home, use leftovers, cut down food preparation time, make just one trip to the store, and more easily stick to a grocery list, which helps you keep to your budget. Here are some tips to prepare for your next grocery trip.

**Before you leave for the store**
- Create a grocery list based on your meal plan.
- Take note of what food is left in the refrigerator, freezer, and pantry. Foods that expire soon should be used first.
- Research for coupons and sales.

**At the grocery store**
- Stick to your grocery list.
- Do not shop while hungry.
- Buy foods in bulk that you eat often or have a longer shelf life. Visit [www.foodsafety.gov](http://www.foodsafety.gov) to learn about safe food storage.
- Buy generic (store brands) and avoid buying convenience items, such as pre-cut fruits and vegetables or prepared meals.
- Choose fruits and vegetables that are in season as they are often less expensive. Canned and frozen fruits and vegetables are also good options.

**After shopping**

Make large portions and freeze leftovers to heat up for additional meals.

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**SEASONAL PRODUCE GUIDE**

**Spring:** Apricots, Asparagus, Broccoli, Green Beans, Mangoes, Mushrooms, Peas, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard

**Summer:** Avocados, Bell Peppers, Berries, Cantaloupe, Cherries, Corn, Cucumbers, Eggplant, Green Beans, Honeydew Melons, Kiwis, Okra, Peaches, Plums, Summer Squash, Tomatoes, Watermelons

**Fall:** Apples, Beets, Broccoli, Cauliflower, Cranberries, Grapes, Kale, Mushrooms, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Turnips, Winter Squash

**Winter:** Beets, Brussel Sprouts, Grapefruits, Kiwis, Leeks, Lemons, Oranges, Parsnips, Pears, Potatoes, Pumpkins, Rutabagas, Sweet Potatoes, Winter Squash

To find specific seasonal produce in your area, visit [www.seasonalfoodguide.org](http://www.seasonalfoodguide.org)
## FEDERAL PROGRAMS

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<tr>
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<tr>
<td><strong>Supplemental Nutrition Assistance Program (SNAP)</strong></td>
<td>Provides eligible families with an Electronic Benefits Transfer card (EBT) card, similar to a debit card, to buy food. In many states, SNAP can be used to buy groceries online. Benefits do not cover the cost of pick up or delivery. Some retailers offer free delivery with minimum order.</td>
<td>Call 1-800-221-5689 or visit <a href="http://www.fns.usda.gov/snap">www.fns.usda.gov/snap</a> for more.</td>
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<tr>
<td><strong>Commodity Supplemental Food Program (CSFP)</strong></td>
<td>Provides food packages to eligible persons 60 years of age and older. This program may not be available in all areas.</td>
<td>Visit <a href="http://www.fns.usda.gov/csfp">www.fns.usda.gov/csfp</a> for more.</td>
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<td><strong>Women, Infants, and Children (WIC)</strong></td>
<td>Provides eligible pregnant and postpartum women, infants, and children up to age 5 years with services, including vouchers that can be redeemed for healthy foods at most major grocery stores, nutrition education, breastfeeding support, and referrals to other services.</td>
<td>Visit <a href="http://www.fns.usda.gov/wic">www.fns.usda.gov/wic</a> or ask your pediatrician for more information.</td>
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<td><strong>Summer Food Service Program (SFSP)</strong></td>
<td>Provides nutritious meals to eligible children when school is not in session.</td>
<td>Text “Summer Meals” to 1-914-342-7744 or call 1-866-348-6479 to find a site near you. Visit <a href="http://www.fns.usda.gov/sfsp">www.fns.usda.gov/sfsp</a> for more.</td>
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