

SHOPPING TO WIN

PS: It's not about what you buy - it's about what you don't buy.

If you apply 1 of these general concepts to your grocery shopping, you're automatically starting in a healthier place. You'll be adding more of the wholesome versions of the foods we've already covered.

Tip #1 - Shop The Perimeter Of The Store

The dairy, fresh produce, poultry, and seafood sections of most grocery stores are all located on the perimeter. The middle aisles are usually filled with processed temptations.

Tip #2 - Be Selective - Buy Organic

Buy produce according to the "Dirty Dozen and Clean 15" lists (keep reading to see these lists). Buying all organic isn't realistic for most people, but you can easily and affordably minimize pesticide exposure when you buy according to the lists.

Tip #3 - Try Something New

Trying something new? Visit the bulk food aisle to scoop a small portion of lentils, grind your own nut butter, or choose from various bulk seasonings!

Tip #4 - Buy More Protein

Determining your daily protein intake may be uncertain at this time. You might also notice how quickly you use chicken or beef; next time, consider buying an extra package for the freezer!

Tip #5 - Buy More Frozen

Frozen fruits and vegetables (without sauce) are a convenient way to help fill the produce gap. Also, they are already washed & chopped!

SHOPPING TO WIN CONT.

Extra Tips:

- Don't Shop Hungry
- If You Want Ice Cream, Buy It (Single Servings)
- If You Can't Moderate, That's Ok
- Buy 1 New Veggie A Week
- Go To The Store With A List
- Park Farther Away From The Store
- Use Curbside Pickup If You Are Tempted

Dirty Dozen (Buy Organic)

The EWG identified the following items on its "Dirty Dozen" list of produce with the **MOST** pesticide residue:

- Strawberries
- Apples
- Cherries
- Celery
- Spinach
- Grapes
- Pears
- Potatoes
- Nectarines
- Peaches
- Tomatoes
- Sweet Bell Peppers

Clean Fifteen (Non-Organic = Okay!)

The EWG identified the following items on its "Clean Fifteen" list of produce with the **LEAST** pesticide residue:

- Avocados
- Onions
- Mangoes
- Cantaloupes
- Sweet Corn
- Sweet Peas
- Eggplants
- Cauliflower
- Pineapples
- Papayas.
- Honeydews
- Broccoli
- Cabbages
- Asparagus
- Kiwis