**March is Nutrition Month**

Fruits and veggies are not only absolutely delicious but they are nature’s fast food!  Ready to eat and most come in their own “to-go” packages, produce makes the perfect snack for kids to grab and go.  They need minimal to no preparation and buying ones in season means you can save some money and shop smarter.

Think you can’t get much produce on a tight budget? Here are some tips to make shopping for produce more easy and affordable:

* Don’t shop when you’re hungry and carry a list. You’ll be more likely to stick to your budget and nutritious food choices.
* Look for washed and bagged salads, baby carrots, celery hearts, broccoli and cauliflower crowns, cherry tomatoes, and shredded cabbage in your grocery store
* Buy fresh produce, like peaches or bananas, in varying degrees of ripeness to allow for some ripening towards the end of the week
* Canned and frozen vegetables can be convenient choices
* Spend most of your time in the produce, bread, meat and dairy sections
* Use store flyers to help you find specials
* See more at: <http://www.halfyourplate.ca/produce-is-affordable>

