












Smart Shopping Tips



Season	Fruits
 <p>Winter</p>	<p>Bananas Citrus fruits Apples</p> 
 <p>Spring</p>	<p>Bananas Citrus fruits Strawberries</p> 
<p>Summer</p> 	<p>Apples Bananas Berries Cherries Grapes Melons Peaches Plums Nectarines</p>  
 <p>Fall</p>	<p>Bananas Grapes Apples Pears</p> 

Buy fresh fruits that are a good deal.

For example, this chart shows us what fresh fruits are generally good values for price and quality in winter, spring, summer, and fall. Some fruits, like apples and bananas are usually good buys all year round. The Sunday paper and grocery store ads that come in the mail usually have some very good deals on fruits.

Buy canned or frozen.

Canned and frozen fruits can be inexpensive! Many people don't realize it, but they can be just as nutritious as fresh. One way to get an inexpensive serving of fruit is to make juice from 100% frozen fruit juice concentrates. For about 80¢ you can get a 12-oz can that makes 6 servings...cheaper than some brands of soda pop!

Store fruit the right way, to prevent early spoiling.

Once you buy your fruit, you can continue to save money by preventing it from spoiling faster than you can eat it!

