



# Spending Less

## Tips



### Tips for eating more fruits and vegetables:

- Use EBT benefits to purchase fruits and vegetables
- Get canned fruits and vegetables from Food Distribution Programs, such as food banks or food pantries
- Apply for Senior Farmers' Market Program
- Apply for Commodity Supplemental Food Program if available.
- Buy canned or frozen fruits and vegetables on sale
- Choose produce in season



### Tips for participating in more physical activity:

- Park car farther from the store or office
- Take the stairs instead of elevator
- Walk and talk with friends
- Participate in active play with grandchildren
- Dance around the house!

## Cost Sheet for Fruits and Vegetables

Fruit or Vegetable	Price	Location