

HEALTHY GROCERY SHOPPING HACKS FOR PARENTS

Shopping for healthy wholesale groceries is a breeze with these hacks. Save money, eat better, and cut down on shopping time with these simple tips.

- ❑ **Don't Go Too Far Off Script:**
It's easy to fall victim to impulse buys while shopping, but don't let all your work on healthy meal planning fall to the wayside. Stick to your grocery list and only deviate if there is a healthy alternative.
- ❑ **Be Adaptable:**
Don't be afraid to swap out a vegetable or lean protein on your list for another that might be on sale. Maybe you were planning on chicken burgers for a weeknight meal, but ground turkey is on sale? Go ahead and make the switch! An ingredient substitution app is excellent to have on hand for these moments.
- ❑ **Always Shop On A Full Stomach:**
Going to your bulk food store hungry can affect your spending habits. Chances are you'll compensate for your hunger by overbuying items and are more likely to grab unhealthy snacks for the drive home.
- ❑ **Don't Neglect Frozen Produce:**
A healthy diet consists of lots of wholesome fruits and vegetables. While buying fresh produce is always great, you can also find vitamin-packed options in the freezer aisle. Frozen items make for easy cooking and won't spoil as quickly as fresh.
- ❑ **Map It Out:**
Even the best of us fall prey to sweet treats and salty snacks while shopping. If you shop by aisle, saving any snacks for last, you are more likely to fill your basket with all your healthy options first.
- ❑ **Leave the Credit Cards at Home:**
Plan to only bring cash to the store. This will force you to stick to the main items you need to make meals.
- ❑ **Get It Delivered:**
Want to completely resist temptation and ensure you stick to your grocery list? Consider getting all your wholesale groceries delivered to your home.

