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Living F.R.E.E. Lab

What's in Season?

Spring

Strawberries	Green Beans
Mangoes	Broccoli
Kiwis	Mushrooms
Apricots	Zucchini
Peas	Asparagus
Spinach	Collard Green

Summer

Cherries	Eggplant
Blueberries	Bell peppers
Blackberries	Cucumber
Peaches	Corn
Plums	Tomatoes
Watermelons	Avocados

Fall

Grapes	Kale
Cranberries	Potatoes
Pumpkins	Broccoli
Oranges	Beets
Apples	Brussels Sprouts
Pears	Celery

Winter

Lemons	Beets
Oranges	Cabbage
Grapefruit	Collard Greens
Pomegranates	Leeks
Tangerines	Sweet Potatoes
Pears	Brussels Sprouts

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Eating on a Budget: Cheat Sheet

Shop Smart

Produce

Canned or frozen options are just as nutritious and often cheaper!

Grains

Half of your grains should be whole.

Proteins

Beans, peas, and lentils are low-cost protein sources.

Dairy

Choose low-fat or fat-free milk with fewer calories but same nutrients

Shopping Strategies

Come with a plan:

Plan meals that fit your schedule and preferences.

Understand the price:

Compare the retail and unit price to get the best deal.

Prepare healthy meals:

Healthy meals don't need to be complex and expensive.

Preserve your produce:

Buy in season and store produce properly.

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DAILY SPECIALS

	Breakfast	Lunch	Dinner
S			
M			
T			
W			
Th			
F			
S			