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.

☐ STICK TO YOUR LIST

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. An ingredient substitution app is excellent to have on hand for these moments.

☐ EAT BEFORE YOU SHOP

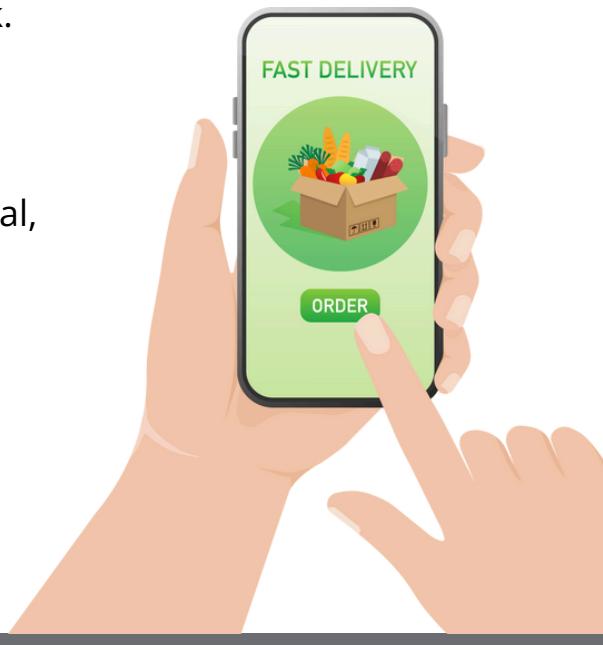
Going to your bulk food store hungry can affect your spending habits. Chances are you'll compensate for your hunger by overbuying items and are more likely to grab a snack.

☐ BUY FROZEN PRODUCE

Frozen fruits and veggies are just as nutritious as fresh ones and can be a budget-friendly option. Plus, they're perfect for kid-friendly activities like making smoothies together—let them pick their favorite fruit combos for a fun and healthy treat!

☐ MAP YOUR TRIP

It's easy to get tempted by sweet treats and salty snacks while shopping. Start by filling your cart with healthy choices first, and save the snack aisles for last to stay on track.



☐ SET A BUDGET

Decide on a grocery budget before you shop. This helps you stay focused on essential, nutritious items for your family without impulse buys.

☐ GET GROCERIES DELIVERED

Want to save time and completely resist temptation? Get your wholesale groceries delivered straight to your door. It's a great way to stick to your list and skip the aisles altogether.