



SAFER
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We're here.
You matter.
We care.

The CHEAPEST PRODUCE and STRETCHING YOUR GROCERY BUDGET

Cheapest produce to buy year-round can make a big difference in a family grocery budget. Eating fresh produce doesn't have to drain your wallet, but fruit and vegetable prices often change week to week. Many families feel like healthy groceries are getting more expensive every year.

The good news is some produce stays affordable all year because it grows easily and stores well. Knowing which fruits and vegetables stay cheap helps families save money while still eating healthy.

This guide breaks down the cheapest produce to buy year-round, when to buy it, and simple strategies to stretch your grocery budget.

Healthy Choices.
Smart Spending.



SMART WAYS TO STRETCH YOUR GROCERY BUDGET

- BUY IN SEASON**
Seasonal produce is fresher and usually costs less.
- BUY IN BULK**
Stock up on affordable staples like potatoes, onions, and carrots.
- USE FROZEN OR CANNED**
Great alternatives that are budget-friendly and nutritious.
- PLAN AHEAD**
Make a list, stick to it, and avoid impulse buys.
- SHOP SALES & MARKDOWNS**
Check weekly ads and look for deals on produce.

♡ Eat well. Save more. Live better. ♡

CHEAPEST PRODUCE TO BUY YEAR-ROUND

Printable Cheat Sheet

★ 15 CHEAPEST PRODUCE WINNERS ★

1 POTATOES Filling, versatile & very affordable.	2 CARROTS Healthy, cheap & great for many meals.	3 ONIONS Kitchen staple, budget-friendly & full of flavor.	4 CABBAGE Feeds a family, lasts a long time & costs very little.	5 BANANAS Cheapest fruit & full of energy.
6 APPLES Nutritious, affordable & available all year.	7 SWEET POTATOES Packed with nutrients & very satisfying.	8 LETTUCE Affordable greens for salads & sandwiches.	9 SPINACH Nutrient-packed, budget-friendly & versatile.	10 CUCUMBERS Hydrating, refreshing & inexpensive.
11 FROZEN VEGETABLES Convenient, nutritious & often cheaper.	12 FROZEN BERRIES Great for smoothies, desserts & snacks.	13 CELERY Adds flavor to many dishes & lasts for weeks.	14 GARLIC Boosts flavor & health at a low cost.	15 ZUCCHINI Versatile, healthy & wallet-friendly.

STORE IT RIGHT, SAVE MORE ROOT VEGGIES (Potatoes, Onions, Garlic) Store in a cool, dark, dry place. FRIDGE (Apples, Lettuce, Celery, Carrots) Keep in fridge crisper drawers. COUNTER (Bananas) Keep at room temp until ripe, then refrigerate. USE IT UP Plan meals, use leftovers, & freeze what you can.	SMART SHOPPING TIPS ✓ Compare prices per pound ✓ Buy in season & in bulk ✓ Check weekly ads & sales ✓ Choose store brands ✓ Use frozen when prices are high ✓ Plan meals around cheap produce Small choices today = big savings tomorrow!	BUDGET-FRIENDLY MEALS IDEAS VEGGIE SOUP Use potatoes, carrots, onions, cabbage & celery. STIR-FRY Use cabbage, carrots, onions, zucchini & garlic. ROASTED VEGGIES Roast potatoes, sweet potatoes, carrots & onions. SMOOTHIE Blend bananas, berries & spinach for a healthy treat.
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WHY THESE WINNERS? ✓ Affordable all year-round ✓ Widely available ✓ Nutritious & versatile ✓ Great for families ✓ Help lower grocery bills	PRINT IT. SAVE IT. SHOP SMART. EAT WELL!	BONUS: MONEY-SAVING HABITS - Set a budget & stick to it. - Make a list & follow it. - Avoid impulse buys. - Focus on real, whole foods.
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GOOD FOOD DOESN'T HAVE TO BE EXPENSIVE!
EAT WELL. SAVE MORE. LIVE BETTER.

