

Grocery Shopping Tips and Unique Northeast Florida Grocery Stores

- Plan weekly menus before you shop!
 - Bring a list¹
- Check labels and compare different products
 - Look for short ingredient lists.
 - Look for high-fiber foods containing more than 3 grams per serving.
 - Aim for products low in sodium, less than 500mg.
 - Choose products made with 100% whole grains.
 - Check serving sizes, especially on a single-serving item.
- Stock on up healthy “convenience” foods:
 - Fresh fruit, baby carrots, nuts, yogurt, frozen vegetables, canned beans, vegetables and dried fruit²
- Don't go to the grocery store hungry!
 - Avoid busiest times of day as well²
- Although more costly, if prepackaged fruits/vegetables will increase your consumption, buy them when you can.
- Don't forget Farmers' Markets provide a wide variety of affordable fruits and veggies.
- Avoid wandering! Know your store and where the items you buy are located. Stick to shopping list in those areas.

Food Group	Typical Store Location(s)
Fruits	Produce aisle Canned goods Freezer aisle Salad bar
Vegetables	Produce aisle Canned goods Freezer aisle Salad bar Pasta, rice & bean aisle
Grains	Bakery Bread aisle Pasta & rice aisle(s) Cereal aisle
Dairy	Dairy case Refrigerated aisle
Meat/Protein	Deli Meat & poultry case Seafood counter Egg case Canned goods

Bring a list and stick to it!

Healthy decisions start at home. Planning ahead can improve your health while saving you time and money. Before shopping, decide which foods you need, and the quantity that will last until your next shopping trip¹.

Healthy Shopping List

Produce:

- All fresh fruits and vegetables.

Dairy/Deli:

- Low-fat milk
- Greek yogurt
- Low-fat cheese
- Cottage cheese
- Hummus

Meats/Poultry/Seafood:

- Skinless chicken breasts or thighs
- Lean ground beef or turkey
- Tofu and tempeh
- Pork tenderloin
- Whole eggs
- Fresh fish – tilapia, salmon, grouper, cod, snapper
- Shrimp and scallops

Frozen Foods:

- Frozen fruits and vegetables without any added ingredients

Breads, Cereals, Crackers, Pasta, Rice:

- Look for 100% whole wheat
 - Bread, English muffins, pita bread, tortillas, crackers and pasta
- Oatmeal
- Brown rice, quinoa and barley
- Plain popcorn

Healthy Pantry Staples:

- Reduced-sodium canned beans
- Low-sodium broths
- Low-sodium canned vegetables
- Salt-free seasonings and spices
- Peanut butter
- Olive oil
- Balsamic vinegar

- Whole-grain bread crumbs
- Dried fruit
- All nuts and seeds
- High-fiber and protein granola bars (aim for less than 5 grams of sugar per serving)
- Lentils

Quick Healthy Snack Ideas:

- Hummus with vegetables (carrots, bell peppers, cauliflower)
- Peanut butter with a whole-grain pita or English muffin
- Low-fat cheese stick and an apple
- Raisin and nut mix
- Light yogurt
- Banana and peanut/almond butter
- Sliced hard-boiled egg on whole-grain toast
- Cottage cheese

Program provided by:



Unique Grocery Stores

- **Fresh Field Farms**
5555 University Blvd
www.freshfieldsfarm.com/
Phone: 904.652.2810
Description: Offers fresh produce, meats and dairy at affordable prices.

Farm-Fresh Produce

- **Black Hog Farm**
blackhogfarm.com
Phone: 904.484.6931
Email: info@blackhogfarm.com
Description: A farm-to-door operation that delivery regional produce and goods to your door or local YMCA
- **Farm to Family**
farmtofamilyflorida.org/
Phone: 904.382.9939
Email: hello@farmtofamilyfamily.org
Description: A mobile farmer's market serving St. Johns and Duval counties. Visit website for truck route and available items.
- **Local Fare Farm Bag**
www.localfarefarmbag.com/
Description: Offering weekly, biweekly, and monthly delivery of local produce and goods to North and South Jacksonville locations. Visit website to get more information on your delivery area.
- **Front Porch Pickings**
fpp.deliverybizpro.com/home.php
Phone: 386.753.4565
Email: fp@frontporchpickings.com
Description: Customizable produce baskets delivered to your door. Serving Jacksonville, St. Augustine, Daytona, Palm Coast, Deland and Ormond Beach.

- **Palmetto Organics**
www.palmettoorganics.com
Phone: 904.534.7027
Description: Home delivery of organic produce, coffee, honey and grains

North Florida Farmers Markets

- **Jacksonville Farmers Market**
1810 Beaver Street (1 mile west of downtown Jacksonville)
www.jaxfarmersmarket.com
Phone: 904.354.2821
Description: Open year round and offering a wide variety of produce and more at affordable prices.
- **Riverside Arts Market**
715 Riverside Ave.
www.riversideartsmarket.com
Phone: 904.389.2449
Description: Open year round on Saturdays, offering produce, meats and other grocery items, as well as art, crafts, prepared food and entertainment.

- **Beach Boulevard Flea Market**
11041 Beach Blvd.
www.beachboulevardfleamarket.com
Phone: 904.645.5961

- **Beaches Green Market**
Jarboe Park, Neptune Beach
beacheslocalfoodnetwork.org
Phone: 904.710.2022
Description: Open Saturdays and specializing in local and organic produce, meat, eggs and more.

- **Fernandina Beach Market Place**
North 7th Street in downtown Fernandina Beach
fernandinabeachmarketplace.com/
Phone: 904.557.8229
Email: Info@FernandinaBeachMarketPlace.com
Description: A farmer's market and arts market open on Saturdays, 9 am – 1 pm
- **Farmer's Market at World Golf Village**
World Golf Village St., Augustine, FL
on.fb.me/1flaRNK
Email: nfva.org@gmail.com
Description: A monthly farmer's market that meets on Friday afternoons, with an emphasis on local foods
- **Old City Farmers Market**
St. Augustine Amphitheater, A1A South, St. Augustine Beach
staugustinefm.com/
Description: Open Saturdays from 8:30 am – 12:30 pm, offering fresh produce, baked goods, handcrafted items and plants

References

- ¹ nutrition.gov/shopping-cooking-meal-planning/food-shopping-and-meal-planning/build-healthy-diet-smart-shopping
- ² womenshealthmag.com/nutrition/buy-healthier-groceries