

SHOPPING

**WHY
ACT
NOW**

I Have \$20 In My Pocket

Think you can't afford healthy fruits & vegetables?
THINK AGAIN!

- * Only buy the amount you can afford.
- * Purchase what is on sale or on special.
- * Buy frozen fruit! It is just as nutritious, gives you more for your dollar and lasts you longer.



2 EXAMPLES: A Week's Worth of Healthy Snacks for \$20.00 at Sobeys's

454g	Dole Strawberries, whole	\$2.88 (on sale, reg. 4.99)
2lb/907g bag	Compliment's Peeled Baby Carrots	\$2.99
835g (5 pieces)	Del Monte Banana	\$1.45
4 pack	Grapple (apple that tastes like grape)	\$3.99
500g	Beatrice 2% Cottage Cheese	\$4.09
2lb/907g bag	Mandarins	\$3.99 (on sale, reg. \$5.49)
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		TOTAL = \$20.35 (with GST)

8oz/227g bag	Mann's Snap Peas	\$2.88 (on sale, reg. \$3.49)
12oz/340g	Compliment's Garden Salad	\$1.99
1	Del Monte Pineapple, whole	\$3.99
12	Compliment's Large Eggs	\$2.69
600g bag	Compliment's Frozen Wild Jumbleberry Fruit Blend	\$5.99
650g	Astro Original Vanilla Yogurt	\$2.49 (on sale, reg. \$3.99)
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		TOTAL = \$21.05 (with GST)

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Prices are March 2015, Edmonton, Alberta