



# Steps to Saving at Farmers' Markets

## 1. Prepare

- Have a flexible list – plan meals ahead so you can look for cheaper produce substitutes
- Make a lap (or two!) around the entire market before making purchases
- Follow the market on social media and subscribe to newsletters to stay on top of promotions

## 2. Learn the Markets

- Keep an eye on weekly sales in stores to compare prices
- Visit several markets to shop around
- Get to know the vendors – they will be more likely to offer you a deal

## 3. Shop Savvy

- Shop what's in season – it will taste better and be priced lower
- Look for lower priced varieties of the same product
- Try out new fruits or vegetables if priced lower than your usual selection
- Purchase “cosmetically challenged” pieces – they are often sold for less
- Buy organic strategically – choose the “dirty dozen” foods as organic but skip the rest
- Bargain if buying in bulk – vendors may compromise for large quantities
- Split larger or more costly purchases with a friend

## 4. Waste Not

- Take advantage of free samples – vendors like to show off their great quality and hard work
- Have a plan for your all your purchases to prevent waste
- Store food properly when you get home to prevent spoilage

## Other Tips

- Bring your own bags
- Shop early for best selection
- Shop late for possible closing deals



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