

How To Shop At WHOLE FOODS LIKE A PRO

BUY

365 BRAND

- Whole Foods' store brand
- No chemicals or pesticides
- No artificial sweeteners
- No preservatives
- No hydrogenated oils

MEAT

- Higher standards for meat compared to other grocery stores
- Great prices for quality

FISH

- Higher standards for fish compared to other grocery stores
- No antibiotics
- No pesticides

COFFEE

- Buy packaged beans in bulk
- Environmentally friendly
- Many organic options

WINE

- Bottles for less than \$20
- Read the Guide to Wine Pairing online

CASES

- 10% off any product when you buy a case
- Buy cases of Kombucha, yogurt, etc.

SKIP

EXOTIC PRODUCE

- Stick with basics
- Stay away from the exotic produce
- Produce labeled "Local" is cheaper

BEAUTY PRODUCTS

- Not a wide variety of beauty brands
- Steep prices

TIPS

1. SHOP WITH DEALS

- Use the coupon flyer, The Whole Deal
- Print online or pick up at the store

2. GET THE APP

- Digital coupons
- Recipes
- Create shopping lists
- Get groceries delivered

3. BUY IN BULK

- Choose the bagged versions of legumes, beans, and grains
- You can choose the exact amount you want

4. CHECK OUT THE SALAD BAR

- Large variety
- Healthy, organic choices