

LIVING ON A TIGHT BUDGET?

LOOK HOW MUCH PRODUCE
\$10* CAN BUY



Grapes

3 Servings



Cucumbers

3 Servings



Plums

6 Servings



Tomatoes

5 Servings



Pears

3 Servings



Sweet Potatoes

2 Servings



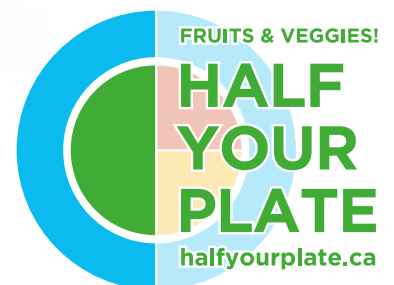
Mangos

4 Servings



The good news about fruits and veggies in Canada is that we have access to a wide range of fresh produce year round. Make sure you use store flyers to help you find specials too!

More smart shopping tips and recipes are available at www.halfyourplate.ca and [@halfyourplate](https://twitter.com/halfyourplate).



*Prices based on flyer for the week of July 21 2014 from Canadian retail store

*Images are illustrations only and do not reflect number of servings indicated