Golden Rules of Shopping

1. **Arrive at the market prepared**: A list in hand and food in stomach.
2. **Look high and low, literally, to get the best variety and best-priced products**: Markets are geared to sell you more than you need. The most widely advertised foods are at eye level on the shelves and often these tend to be the most expensive.
3. **Be aware of the setup in a market that encourages impulse buying**: Popular items are often placed at the end of aisles or at cash registers, implying "sale", when in actuality they are often not.
4. **Buy in bulk**, but only products you can store properly before they go stale.
5. **Take advantage of sales and coupons**, but only for products that are healthy and packaged in quantities you will really use.
6. **Cut back on alcohol and expensive, sugary snacks and convenience foods**: Use the money you save for healthy treats and fresh foods.
7. **Avoid vending machines**: Nutritious snacks and juices are generally less expensive in grocery stores.
8. **Choose fresh and frozen vegetables rather than less nutritious canned vegetables**, but compare prices between fresh and frozen product to get the best buy. (Frozen vegetables may be cheaper when sold sliced or chopped rather than whole).
9. **Make your own casseroles, stews, desserts, and salads**—staying away from pickles, olives, relishes, exotic ingredients and fancy spices that are often high in cost and low in nutrition.

Culinary Club
Interested in developing healthy, enjoyable eating habits? Learn "culinary club" to learn more about nutrition and how to make food fun!

Food Shopping Guide

**A Healthful Guide For The Emory Community**

Student Health Alliance of Peer Education
SHAPE is a student organization interested in health promotion and peer education. SHAPE members are trained in four different content areas—present interactive, educational programs to classes, student groups, and in residence halls. They also sponsor health awareness events/activities. For more information or to request a SHAPE program, please contact their Advisor Heather Zesiger, at 404.727.1736, or email her at heather.zesiger@emory.edu.

Student Health Advisory Committee
SHAC is a student organization that represents student’s interests in the Emory University Student Health Services. If you are interested in serving on SHAC or have any other questions or concerns, call 404.727.1703.

**Emory University**

**Student Health Services**
1523 Clifton Road 1st and 2nd Floors
Atlanta, GA 30322
Carol Kelly, RD, LD, Coordinator of Nutrition Education
Voice: 404.727.1735 E-mail: carol.kelly@emory.edu
Appointments: 404.727.7551 or MedBuddy-U
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Voice: 404.727.1735
Appointments: 404.727.7551 or MedBuddy-U
Close to Campus Grocers

Here are just a few of the markets close to campus. All are less than 3 miles from Emory.

**Candler Park Super Market**
1642 Melendon Avenue NE
Atlanta, GA 30307-2153

**Farmers' Markets**

<table>
<thead>
<tr>
<th>Market Name</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Decatur Square Farmers' Market</td>
<td>163 Clairmont Avenue</td>
</tr>
<tr>
<td>Dekaib Farmers' Market</td>
<td>3000 E. Ponce de Leon Avenue</td>
</tr>
<tr>
<td>Morningside Farmers' Market</td>
<td>1339 North Highland Avenue NE</td>
</tr>
<tr>
<td>Kroger</td>
<td>1799 Briarcliff Road NE</td>
</tr>
<tr>
<td>Publix</td>
<td>2205 Lavista Road NE</td>
</tr>
<tr>
<td>Rainbow Grocery</td>
<td>2118 North Decatur Road</td>
</tr>
</tbody>
</table>

**Sevananda Natural Foods**
467 Moreland Avenue
Atlanta, GA 30307-1562

**Whole Foods**
2111 Briarcliff Road NE
Atlanta, GA 30329-3719

Transportation

Many transportation options help shoppers!

- The Emory Shuttle is available and you can find the schedule on Emory's website.
- Marta buses are also an option, visit www.itsmarta.com to see the routes and schedules.
- Emory's "Eagle" Bike program is available if you choose to bike across campus or around town. www.emory.edu/atrium/bikep.html
- Walking is an inexpensive way to travel! But, play it safe and go with a buddy.

Healthy Snacks

- Yogurt with 1-2 T old fashioned raw oats added
- Cottage cheese and fruit
- Toasted whole-grain English muffins
- Bagels or bread with peanut butter
- Peanut butter and fruits or carrots
- Unbeurred and unsalted popcorn
- Dry roasted soy nuts (with or without fruit)
- Unsalted seeds, breadsticks and pretzels
- Low-sodium soup
- Hummus and raw veggies
- String cheese and fruit or whole grain crackers