

Purdue University Athletics Shares Grocery Shopping Tips

Meijer supports a variety of health and wellness initiatives for our customers, and we're pleased to partner with like-minded organizations like **Purdue University Athletics**. Earlier this fall, Sports Dietitian Lauren Link from the university's sports nutrition department filmed [a grocery store tour at Meijer](#), sharing the do's and don'ts of grocery shopping. Take a look at her tips:

- Always shop with a grocery list, and base it off a meal plan if you keep one
- Organize your list in the same order that you'll walk around the store
- Include produce, fresh meat, low-fat dairy, whole grains and staple pantry items on your list
- Shop for produce that is in season, and vary your selection based on colors and ripeness so some will last longer
- Stock up on proteins when they're on sale to put in the freezer
- Buy the [store brand](#)
- Limit splurge items to one per trip
- Join the grocery store's [rewards program](#)

<https://meijercommunity.com/2014-10-22-Purdue-University-Athletics-Shares-Grocery-Shopping-Tips>