

# Where to Buy Healthy Foods

You don't have to shop at Whole Foods to find healthy food items (though it's a convenient place to shop!) Here is a list of places that sell healthy Paleo-friendly food items. Check off the ones that are most convenient for you to shop at.

## LOCAL GROCERY STORES

- Whole Foods
  - Safeway
  - Harris Teeter
  - Trader Joe's
  - Hannaford
  - Albertsons
  - Food Lion
  - Publix
  - Pathmark
  - SuperTarget
  - Kroger
  - Aldi
  - Lidl
  - Wegmans
  - Other options?
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## FARMERS' MARKET

- At local farmers markets, get seasonal, fresh produce and grass-fed or wild meat and fish items often at a lower price than the grocery stores
  - Your local farmers' market options: \_\_\_\_\_
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## ONLINE OPTIONS

- VitaCost.com
- ThriveMarket.com
- AmazonFresh