



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?

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: _____

Online Options

- VitaCost.com
- ThriveMarket.com
- AmazonFresh