

Name \_\_\_\_\_

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## Grocery Store or Farmers' Market?

When most people decide to buy food, they go to a grocery store. Grocery stores sell many different kinds of food in just one store. Some grocery stores also carry household goods such as aluminum foil, cleaning supplies, and diapers. A grocery store is a convenient place to shop for the kitchen and beyond.



Despite the ease of shopping in a grocery store, some people decide to buy their food from other places. Farmers' markets are one alternative to grocery stores. At a farmers' market, local farmers sell the foods they grow to customers. The foods they sell often include fruits, vegetables, and meats. Most of these foods are freshly harvested with no artificial additions.

There are several ways in which farmers' markets are less convenient than grocery stores, however. For example, packaged foods usually are not sold at farmer's markets. Many farmers do not accept credit cards or checks as payment for their goods. What is more, most farmers' markets are only open for business once or twice each week. While this often deters some shoppers, others are willing to accept these inconveniences in exchange for the fresh and local food found at farmers' markets.

Deciding whether to shop for food at grocery stores or at farmers' markets is a personal choice. This choice reflects a person's values about life and about food. Those who value convenience and variety will probably choose to shop at a grocery store. People who value freshness and enjoy supporting local farmers probably will prefer the farmers' market. Fortunately, most communities provide options for both kinds of shoppers.