

Questions for *Grocery Shopping Secrets*

1. **Tell us the story behind your book.** (1 to 2 mins to answer)
2. **What sets your *Grocery Shopping Secrets* book apart from others?** (1 to 2 mins to answer)
3. **Does your book just cover fruits and vegetables?** (1 to 2 mins to answer)
4. **What strategies do you share for reducing food costs?** (5 to 15 mins to answer)
5. **What is different about buying food now than when you were in business?** (2 mins to answer)
6. **What are the “Dirty Dozen” and the “Clean 15?”** (1 to 2 mins to answer)
7. **Does your book cover more than how to select and store perishables?** (1 to 2 mins to answer)
8. **You have a chapter on Understanding Food Labels. Why is this important?** (2 to 3 mins to answer)
9. **What should we look for to get the best beef?** (1 to 2 mins to answer)
10. **What tips do you have for buying fish and seafood?** (1 to 2 min to answer)
11. **What tips do you have for getting the freshest poultry?** (1 to 2 min to answer)
12. **What tips do you have about getting the best pork?** (1 to 2 min to answer)
13. **How long can prepared food from the deli be kept safely in the refrigerator?** (1 to 2 min to answer)
14. **What are some fresh foods that can be frozen?** (2 to 3 mins to answer)
15. **What secrets can you share about selecting fresh fruit?** (1 to 15 mins to answer)
16. **What secrets can you share about selecting fresh veggies?** (1 to 15 mins to answer)