

Grocery Store Shopping List

Fresh Fruits & Vegetables	Canned Foods
Baking Products & Seasonings	Breads, Cereals & Grains
Frozen Foods	Meat, Poultry & Fish
Dairy & Refrigerated Foods	Other

FOODS TO HAVE ON HAND

Breads/Cereals/Grains

Bread
Cereal
Crackers
Flour
Macaroni
Popcorn
Rice/wild rice
Spaghetti
Tortillas
Cornstarch

Fruits/Vegetables

Canned vegetables & fruits
Canned tomatoes
Fruit juice
Onions
Potatoes
Tomato paste
Tomato sauce
Celery
Carrots

Baking Products/Seasonings

Baking powder
Baking soda
Chili powder
Cinnamon
Onion or garlic powder
Pepper
Salt
Dry onions

Dairy

Cheese
Milk

Meats/Eggs/Legumes

Dried beans (or canned)
Eggs
Ground beef
Peanut butter
Tuna

Other

Ketchup
Margarine
Sugar
Vegetable oil

Put coupons in this envelope from grocery store ads, magazines, newspapers, websites, etc. Take it with you to the store.

Copyright © 2009, Regents of the University of Minnesota. All rights reserved. For Americans with Disabilities Act accommodations, please call (800) 876-8636. The University of Minnesota is an equal opportunity educator and employer. This material was partially funded by USDA's Supplemental Nutrition Assistance Program. To find out more, visit www.extension.umn.edu/nutrition.

Nutrition
Education Programs