

# GROCERY STAPLES

## PANTRY

Rice      Bagels      Honey  
Pasta      Tortillas      Granola bars  
Oats      Nuts/seeds      Crackers  
Cereal      Nut butter      Dried fruit  
Bread      Jelly      Beef jerky

## CANNED GOODS

Canned/pouch tuna      Pasta sauce  
Canned vegetables      Broth  
Canned beans      Soups  
Canned fruit/fruit cups

## PRODUCE AISLE

Fruit of choice  
Vegetables of choice  
Potatoes (regular or sweet)  
Lettuce  
Avocado

## REFRIGERATOR AISLE

Eggs  
Milk/soymilk  
Greek yogurt  
Deli meat  
Cheese  
Hummus

## FREEZER AISLE

Microwavable vegetables  
Frozen raw or pre-cooked chicken  
Frozen salmon  
Frozen shrimp  
Frozen fruit  
Frozen breakfast sandwiches



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