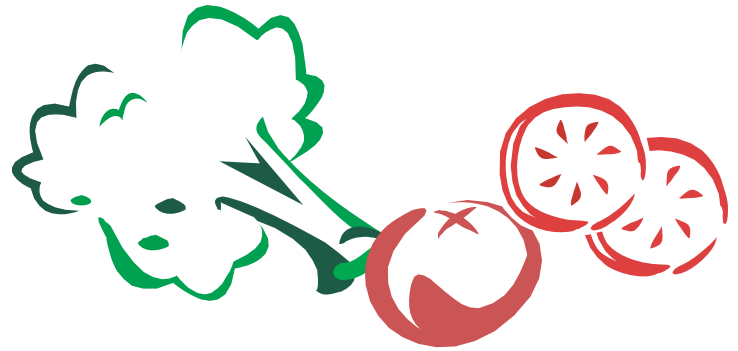


Eating on the Go

Grocery List

Refrigerator

- ☐ **Fresh fruit** - use seasonal fruit when possible, also apples, bananas, pears, oranges
- ☐ **Fresh vegetables** - use seasonal vegetables when possible. Greens, cabbage, squash, zucchini, eggplant, baby carrots, cucumbers, tomatoes, lettuce, spinach and other seasonal vegetables. Wash and cut up and use within 2-3 days for cooking or for lunch with salad dressing. Cook a large quantity of vegetables on a day off to serve on other days.
- ☐ **Juice** - orange, apple, cranberry, tomato, grapefruit
- ☐ **Eggs or egg substitute**
- ☐ **2% milk**
- ☐ **Yogurt**
- ☐ **Cheese**
- ☐ **Low-fat lunch meat, ham, turkey**
- ☐ **Mustard, ketchup, sandwich spread**
- ☐ **Margarine**
- ☐ _____

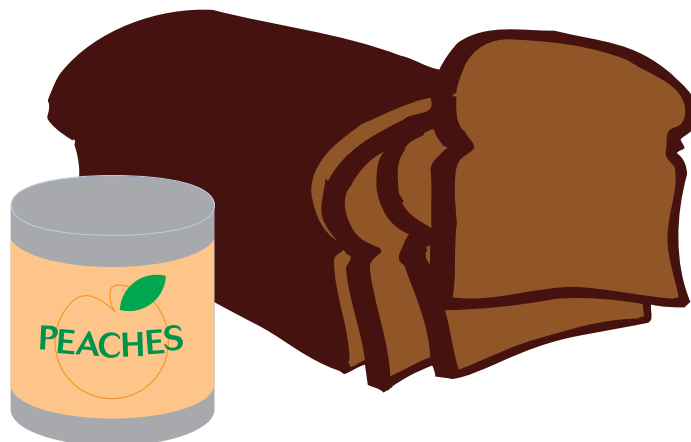


Freezer

- ☐ **Frozen vegetables and frozen fruit**
- ☐ **Biscuits, pancakes**
- ☐ **Lean meat** - ground beef, pork chops
- ☐ **White meat chicken nuggets**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

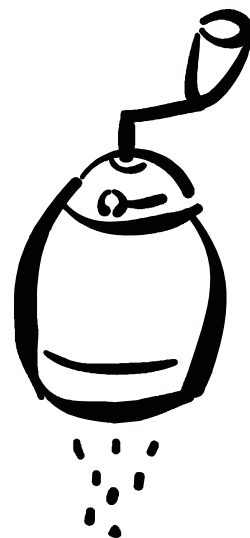
Pantry

- ☐ **Canned fruit/fruit cup in its own juice**
- ☐ **Grains** - rice, oatmeal, grits (fresh or instant), whole-grain cereal
- ☐ **Whole-wheat bread**
- ☐ **Boxed meals** - mac & cheese, broccoli rice, box lasagna
- ☐ **Peanut butter**
- ☐ **Peanut butter crackers**
- ☐ **Plain popcorn**
- ☐ **Graham crackers**
- ☐ **Saltines**
- ☐ **Vanilla wafers**
- ☐ **Canned tuna and salmon packed in water**
- ☐ **Canned chicken**
- ☐ **Canned chili**
- ☐ **Oils** - canola, olive, peanut
- ☐ **Storage bags** - zipper or fold over
- ☐ **Brown bags or small lunch bag**



Seasonings

- ☐ **Taco seasoning**
- ☐ **Packaged gravy**
- ☐ **Italian seasoning**
- ☐ **Lemon pepper**
- ☐ _____
- ☐ _____
- ☐ _____



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