

Quick Tips for Quick Shopping

Do you put off grocery shopping until your cupboards are empty? With a stocked cupboard, you can make a meal at home in the same time it takes to get take out food.

How to grocery shop?

Follow these helpful tips to make shopping a snap:

- Have one day in the month to shop for staples
- Shop weekly for fresh foods
- Shop when your grocery store has a discount day or buy in bulk when foods are on sale

Monthly Grocery List

- Rice (choose brown more often)
- Pasta (choose whole grain or enriched more often)
- Potatoes
- Cereals (instant oatmeal and low sugar cereals)
- Carrots
- Onions
- Canned and frozen fruits and vegetables
- Canned soup (look for low sodium brands)
- Canned chili (look for vegetarian style)
- Peanut butter
- Nuts and seeds
- Canned tomatoes
- Spaghetti sauce

Weekly Grocery List

- Fresh vegetables and fruit (choose what is in season as the price is better)
- Milk
- Cheese
- Yogurt
- Red meat, fish, chicken or turkey
- Eggs
- Butter
- Bread and buns (choose whole grain or enriched more often)

Items to Always Have on Hand

- Baking powder
- Baking soda
- Condiments (ketchup, mustard, salsa, vinegar, jams, syrups, etc.)
- Cooking oil (eg. canola or olive)
- Flour
- Salt and pepper
- Spices (oregano, basil, garlic powder, chili powder, etc.)
- Sugar