



SAMPLE SHOPPING LIST



Meal Components

GRAINS

- Boxes of individual serving size cereal (whole grain or low sugar)
- Granola bars
- Breakfast bars
- Crackers (cheese, graham, saltine)
- Microwave popcorn
- Envelopes of flavored rice
- Tortillas
- Microwave mac n' cheese cups
- Instant oatmeal

FRUITS

- Pop-top canned fruits*
- Dried fruits
- Plastic single-serve fruit cups*
- Plastic single-serve or squeezable apple sauce/fruit puree*
- 100% fruit juice

*Aim to purchase fruit stored in water or 100% fruit juice

PROTEIN

- Pop-top cans (tuna, salmon, chicken)
- Beef or turkey jerky
- Single-serve trail mix or nuts
- Peanut butter
- Soups, stews, chili
- Beans

VEGETABLES

- Pop-top canned vegetables
- Instant mashed potatoes
- 100% vegetable juice

DAIRY

- Shelf-stable milk

OTHER

- Boost or other nutritional shakes
- Pudding cups
- Jelly or jam



SAMPLE MENU



Aim to include 2 to 5 components in each meal

BREAKFAST

2 individual packets of instant oatmeal
OR 1 box of whole-grain cereal
WITH 1 fruit option

LUNCH

1 jar of peanut butter and 1 jar of jelly
OR 2 cans of soup/stew or chili
WITH 1 fruit and 1 vegetable option

DINNER

2 cans of chicken, tuna, or salmon
OR 2 boxes of macaroni and cheese
WITH 1 fruit and 1 vegetable option

SNACKS

2 granola bars
OR 2 packages of pretzels, graham or cheese crackers, or raisins

FRUIT OPTIONS

Canned fruit in 100% fruit juice
Plastic fruit cup or single-serve applesauce
100% fruit juice box

VEGETABLE OPTIONS

Canned mixed vegetables, corn, green beans, or carrots