



Cent\$ible Nutrition Program

3 Week Menu - Week 1 - Winter



Remember: Always check your pantry and refrigerator before shopping!

This grocery list is for recipes and does not include the exact quantities of milk, yogurt, fruits, and vegetables for sides and snacks. You will decide on the quantities based on your family size and needs.

| Staples | Canned & Packaged Goods | Grains | Fruits & Vegetables |
|--|---|---|---|
| <ul style="list-style-type: none"> Nonfat dry milk Baking powder Canola oil Ground black pepper Iodized salt White sugar Brown sugar Apple cider vinegar Cinnamon Enriched flour Whole-wheat flour Onion powder Garlic powder Chili powder Paprika Cumin Dried dill Dried parsley Dried oregano Ground ginger Cornstarch Vanilla | <ul style="list-style-type: none"> 1 can tomato soup 2 15-ounce cans tomato sauce 1 15-ounce can stewed tomatoes 1 16-ounce package split peas 1 16-ounce package lentils 1 16-ounce package pearl barley 2 15-ounce cans black beans 1 8-ounce can pinto beans 1 12-ounce can water packed tuna 2 5-ounce can water packed tuna 1 can peas 1 can corn 1 small can crushed pineapple Applesauce Raisins Salsa Honey Ketchup Soy Sauce Mayonnaise Sesame oil Sunflower seeds | <ul style="list-style-type: none"> Whole-wheat noodles Whole-grain bread Whole-grain cereal Crushed wheat bran Instant oats Rolled oats Breadcrumbs Tortillas Brown Rice | <ul style="list-style-type: none"> Green salad Fruit (fresh) Fruit (dried) 2 potatoes 1 head of lettuce 4 stalks 4 white onions 1 red onion 2 green bell peppers 1 red bell pepper Spinach – 1 cup Sugar Snap Peas – 2 cups Kale – 1 ½ pounds 5 mushrooms 3 large carrots Tomato 3 medium sweet potatoes |
| Dairy* | Meats & Poultry* | Frozen Foods* | Non-Food Items |
| <ul style="list-style-type: none"> Low-fat milk Low-fat plain yogurt Shredded low-fat cheese | <ul style="list-style-type: none"> 6 pound of lean ground beef 1 pound chicken ½ pound chopped ham Eggs | | <ul style="list-style-type: none"> Plastic sandwich bags |

* These foods should be purchased last so that their safety and quality can be protected