Cent$ible Nutrition Program

3 Week Menu - Week 2 - 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.

<table>
<thead>
<tr>
<th>Staples</th>
<th>Canned &amp; Packaged Goods</th>
<th>Grains</th>
<th>Fruits &amp; Vegetables</th>
</tr>
</thead>
</table>
| • Enriched flour
• Whole-wheat flour
• Baking powder
• Nonfat dry milk
• Sugar
• Cornstarch
• Soy sauce
• Chicken broth (43 ounces)
• Canola oil
• Barbeque sauce
• Garlic powder
• Dried basil
• Dried oregano
• Dried thyme
• Dried rosemary
• Chili powder
• Cayenne pepper
• Cumin
| • 1 15-ounce can red beans
• 1 15-ounce can stewed tomatoes
• 1 16-ounce package lentils
• 1 15-ounce can diced tomatoes
• 1 can tomato soup
• 2 15-ounce cans tomato sauce
• Lemon juice
• Ground ginger
| • Whole-grain bread
• Whole-grain cereal
• Whole-grain English muffins
• Barley
• Brown rice
• Granola
| • Fruit (dried)
• Fruit (fresh)
• Green Salad
• Lemon
• Green onion (8 ounces)
• Squash
• Bok Choy (16 ounces)
• 4 medium potatoes
• 6 stalks of celery
• Parsley
• 1 green bell pepper
• 1 medium sweet potato
• 4 medium onions
• 12 large carrots
• 8 large mushrooms
• Assorted veggies for lunches

<table>
<thead>
<tr>
<th>Dairy*</th>
<th>Meats &amp; Poultry*</th>
<th>Frozen Foods*</th>
<th>Non-Food Items</th>
</tr>
</thead>
</table>
| • Low-fat vanilla yogurt
• Low-fat milk
• Shredded low-fat mozzarella cheese
| • Eggs
• 1 pound white fish
• 2 pounds boneless chicken
• 4 ½ pound lean ground beef
| • Mixed vegetables
• Blueberries
| • Aluminum foil

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

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP, and the Expanded Food and Nutrition Education Program – EFNEP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-877-219-4646. This institution is an equal opportunity provider and employer.