



**LOAVES & FISHES**  
Groceries for Neighbors in Need

**Wallet Friendly Tips**

- Compare prices (store brand can be cheaper!)
- Sign up for a store rewards card
- Buy fresh or low-sodium/sugar canned

**MAKE YOUR GROCERY LIST LIKE THIS ONE!**

**Grocery List**

- Grains*
1. Brown rice
  2. Whole Wheat Pasta
- Vegetables*
3. Tomatoes
  4. Spinach
- Fruits*
5. Oranges
  6. Pears
- Dairy*
7. Lowfat (1%) Milk
  8. Yogurt
- Meat*
9. Low-sodium tuna
  10. Chicken breast
- Seasonings/Extra*
11. Mrs. Dash
  12. Chili Powder
  13. Olive Oil



HEALTH ALLIANCE

**Nutrition Savvy Tips**

- Plan meals to buy exactly what you need.
- Start at the fresh produce section (avoid snack aisles!)
- Try to buy foods from all food groups, like this list!



**Grocery List**

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*Grains*

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*Vegetables*

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*Fruits*

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*Dairy*

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*Meat*

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*Seasonings/Extras*

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