

# JANUARY 2014 SHOPPING LIST\*

## GRAINS

General Mills® Cinnamon Oat Squares  
Nabisco® Low Fat Wheat Thins  
Nabisco® Whole Wheat Ritz Crackers  
Mission® Whole Wheat Tortillas  
Sara Lee® Blueberry Crumble Bread  
Meullers® Tri-Colored Rotini Pasta  
Sara Lee® Whole Wheat Bread  
Sara Lee® Blueberry Bagels



## FRESH FRUITS

Apples	Dried Apples
Kiwi	Dried Apricots
Green Grape	Red Grapes
Mangos	Bananas
Mandarin Oranges	
Oranges	
Strawberries	
Blueberries	
Pears	



## FRESH VEGETABLES

Baby Carrots	Cauliflower
Carrots	Cantaloupe
Cucumbers	Zucchini
Edamame	
Snap Peas	



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### PROTEINS

Low Fat Fruit Yogurt Vanilla  
Fat Free Philadelphia® Cream Cheese  
Jif® Natural Peanut Butter  
2% Cheddar Cheese Cubes  
Sargento® Provolone Cheese Slices  
Kraft® Parmesan Cheese  
Sargento® Reduced Fat Colby Cheese Stick  
Orchard Valley® Almond



### EXTRAS

Fat Free Ranch Dressing  
Fat Free French Dressing  
Low fat Smuckers® Strawberry Jam



### RECIPE SPECIFIC

**Pear Pinwheels:** Low Fat Cheddar Cheese, Whole Wheat Tortilla, Pears

**Homemade Hiking Bars:** Oats, Sunflower Seeds, Cranberries, Wheat Germ, Sliced Almonds, almond butter, Honey, Brown Sugar

*\*If you cannot find ripe or good quality fruit/vegetables per your assignment, please substitute with a similar fruit/vegetable. Most brand names are suggestions and can be found at Walmart® to simplify the shopping process, but due to changing stock may require purchase at alternate store. Nutritionally equivalent store brand alternatives are also acceptable.*