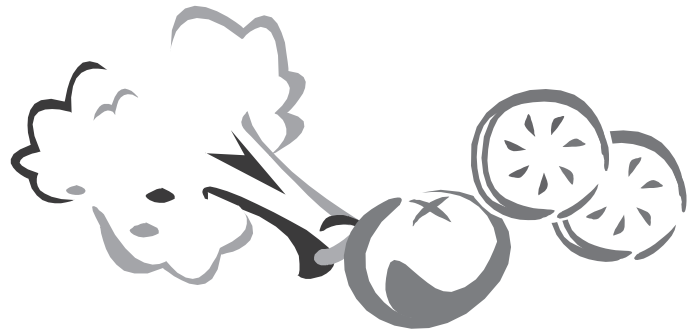


Eating on the Go Grocery List

When you are on the go, eating healthy isn't always easy. Learning to make the best food choices with limited time is key to a healthy lifestyle.

Refrigerator

- Fresh fruit** - use seasonal fruit when possible, also apples, bananas, pears, oranges
- Fresh vegetables** - use seasonal vegetables when possible. Greens, cabbage, squash, zucchini, eggplant, baby carrots, cucumbers, tomatoes, lettuce, spinach and other seasonal vegetables. Wash and cut up and use within 2-3 days for cooking or for lunch with salad dressing. Cook a large quantity of vegetables on a day off to serve on other days.
- Juice** - orange, apple, cranberry, tomato, grapefruit
- Eggs or egg substitute**
- 2 percent milk**
- Yogurt**
- Cheese**
- Low-fat lunch meat, ham, turkey**
- Mustard, ketchup, sandwich spread**
- Margarine**
- _____
- _____
- _____
- _____



Freezer

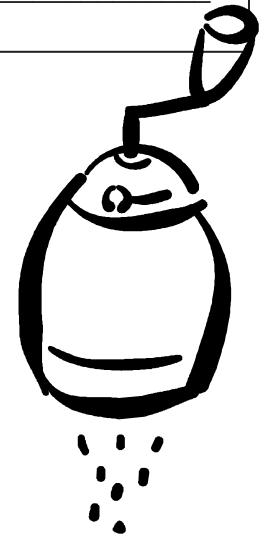
- Frozen vegetables and frozen fruit**
- Biscuits, pancakes**
- Lean meat - ground beef, pork chops**
- White meat chicken nuggets**
- _____
- _____
- _____
- _____

Pantry

- Canned fruit/fruit cup in its own juice**
- Grains** - rice, oatmeal, grits (fresh or instant), whole-grain cereal
- Whole-wheat bread**
- Boxed meals** - mac & cheese, broccoli rice, box lasagna
- Peanut butter**
- Peanut butter crackers**
- Plain popcorn**
- Graham crackers**
- Saltines**
- Vanilla wafers**
- Canned tuna and salmon packed in water**
- Canned chicken**
- Canned chili**
- Oils** - canola, olive, peanut
- Storage bags** - zipper or fold over
- Brown bags or small lunch bag**
- _____
- _____
- _____
- _____
- _____
- _____

Seasonings

- Taco seasoning**
- Packaged gravy**
- Italian seasoning**
- Lemon pepper**
- _____
- _____
- _____
- _____



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