

Weekly Family Shopping List

Parents are pressed for time. That's why you don't typically make meal plans and shopping lists and sometimes come up short for healthy ingredients. Use this list as a first step toward keeping on hand the ingredients you need to fix delicious and nutritious fare. Make a copy every week and add and delete items to fit your family's needs.

Breads and Grains

- Whole grain bread
- Fortified infant cereal
- Fortified pasta
- Fortified rice
- Fortified whole grain cereal with at least 3 grams fiber per serving
- Prepared pizza crust
- Frozen whole grain waffles or pancakes
- Tortillas
- Sandwich wraps
- Pretzels
- Pancake mix
- Cornbread muffin mix
- Other grains

Fruits and Vegetables

- Apples
- Bananas
- Berries
- Broccoli
- Carrots
- Cauliflower
- Corn
- Eggplant
- Frozen fruits and vegetables such as blueberries, corn, peas, and frozen stir-fry vegetable mixes
- Grapes
- Kiwi
- Lettuce
- Melon
- Onions
- Pears
- Potatoes
- Romaine lettuce
- Spinach
- Squash
- Sweet potatoes " Tomatoes
- Zucchini
- Jars of pureed fruits and vegetables for baby
- Other fruits and vegetables

Milk Products

- Milk
- Cheese
- Cottage cheese
- Evaporated milk
- Powdered milk
- Yogurt
- Other dairy products

Meat and Other High-Protein Foods

- Canned, dried, or frozen legumes
- Tofu
- Fortified soy beverage
- Canned tuna fish
- Peanut butter and other nut butters
- Whole roasting chicken or turkey (save carcass to make soup)
- Eggs
- Skinless chicken or turkey breast
- 100 percent ground chicken or turkey meat
- Lean cuts of beef and pork
- Other protein foods

Condiments

- Balsamic or red wine vinegar
- Butter or margarine
- Canola oil
- Jelly or jam
- Ketchup
- Low-sodium chicken bouillon cubes or packets
- Mayonnaise
- Mustard
- Olive oil
- Relish
- Salad dressing
- Soy sauce
- Other condiments