

HEALTHY SHOPPING LIST

**MOST
NEEDED
ITEMS**

WHOLE GRAINS

- ◆ Brown or wild rice
- ◆ Quinoa or couscous
- ◆ Steel cut or rolled oats
- ◆ Whole wheat or brown rice pastas
- ◆ Whole grain cereal such as Cheerios, Wheat Chex (with either oats, whole wheat or brown rice listed as the 1st ingredient and/or with at least 5 grams of fiber per serving)



PROTEINS

- ◆ Canned cold water fish: sardines, tuna or wild salmon packed in water (not oil)
- ◆ Canned beans, legumes: black beans, garbanzo beans, kidney beans, lentils
- ◆ Lightly salted or unsalted nuts and seeds: pumpkin seeds, sunflower seeds, almonds, walnuts, cashews
- ◆ Nut butters: natural, non-hydrogenated nut butters such as almond, peanut, macadamia or tahini butter

FRUITS AND VEGETABLES

- ◆ Canned fruit and vegetables: packed in water (not syrup), low sodium
- ◆ Dried fruits (preferably with no added sugar): blueberries, prunes, cranberries, apples, mangoes, etc.
- ◆ Canned, low sodium soups

OTHER

- ◆ Green and white tea
- ◆ Herbs and spices to flavor beans and grains: oregano, basil, black pepper, garlic powder, rosemary, thyme, dill, etc.
- ◆ Low sodium bouillon cubes and seasonings such as Mrs. Dash
- ◆ Lower sugar cookies (e.g. vanilla wafers, graham crackers)
- ◆ Sugar free jams and jellies
- ◆ Sugar free drink mixes (e.g. Crystal Light)



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HEALTH & HUNGER QUICK FACTS

There are 3 types of malnutrition:

- ◆ **Under-Nutrition:** A lack of sufficient food; not knowing where the next meal is coming from; commonly referred to as *chronic hunger*.
- ◆ **Micronutrient Deficiencies:** a chronic lack of essential vitamins and minerals in daily food intake, typically found in populations consuming poor quality diets or diets that lack diversity (eating the same thing daily); often called "hidden hunger."
- ◆ **Over-Nutrition:** A measurable form of malnutrition when an individual has consumed too many calories over a long period of time. E.g. overweight and obesity.

Who Goes Hungry in America? In 2014, an estimated 46.5 million (1 in 7) Americans were food insecure, including 12 million children and 7 million seniors.



AVERAGE CHOICES		SuperFood CHOICES	
Instant Oatmeal Fruit & Cream (10 servings)	\$2.99	Rolled Oats (30 servings)	\$3.29
Buttered Microwave Popcorn (17 servings)	\$3.49	Natural Yellow Popping Corn (24 servings)	\$1.99
Canned Refried Bean (3.5 servings)	\$1.29	Dried Black or Garbanzo Bean (12 servings)	\$1.79
Canned Potatoes (3.5 servings)	\$0.99	Mixed Canned Veggies Unsalted (3.5 servings)	\$0.89
Fruit Snacks (6 servings)	\$2.29	Natural Dried Raisins (17 servings)	\$3.99
Pear Slices (heavy syrup) (3.5 servings)	\$1.49	Natural Applesauce (5 servings)	\$1.99
Pre-Made Pasta Mix (2.5 servings)	\$1.39	Whole Grain Spaghetti (7 servings)	\$1.59
Hot Cocoa Mix (20 servings)	\$3.49	Green Tea (40 servings)	\$4.99
Flavored Ready Rice Mix (2.5 servings)	\$1.59	Brown Rice (22 servings)	\$2.39
Canned Roast Beef (2 servings)	\$4.29	Chunk Light Tuna in Water (4 servings)	\$2.69
Chocolate Chip Cookies (13 servings)	\$3.39	Oat & Honey Granola Bars (6 servings)	\$2.49
Cocoa Crunchies Cereal (11 servings)	\$1.99	Toasted Oats Cereal (12 servings)	\$1.99
Servings: 94.5	Cost: \$28.68	SuperFood servings: 182.5	
		Cost: \$30.08	

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