

Live HealthSmart

GROCERY LIST

Perishable Food Items

	Cost (\$)
5 Bananas	1.45
4 Apples	3.96
1 Loaf, Whole Wheat Bread	1.19
16 oz Shredded Cheese	3.79
32 oz Greek Yogurt, Plain Low-fat	2.89
12 Eggs	1.39

Non-Perishable Food Items

	Cost (\$)
16 oz jar Peanut butter, creamy	1.69
1 can, 15 oz fruit	1.99
16 oz, nuts	3.69
1 can, 12 oz tuna in water	1.18
2 cans, 28 oz each, crushed tomatoes	0.78
1 can, 15 oz chili beans	0.65
1 can, 15 oz hormel chili, vegetarian with beans	1.59
1 can, 14.5 oz vegetable broth	0.68
1 box, 32 oz penne pasta	1.19
1 can, 14.5 oz sweet peas	0.55
2 cans, 10 oz each, chicken breast in water	2.98
1 can, 14.5 oz cut green beans, no salt added	0.55
1 lb brown rice	1.49
2 cans, 15 oz each tomato sauce	0.98

TOTAL COST: 36.34

