

# Live HealthSmart

# GROCERY LIST

## Perishable Food Items

- ½ gallon milk, 2% reduced fat, \$1.46
- 1 cheddar cheese, 16 oz \$3.37
- 1 16 oz. sweet cream unsalted butter, \$2.74
- 1 12 oz. frozen bag broccoli, florets, \$1.00
- 1 1 iceberg lettuce, \$1.28
- 1 2.4 lb. chicken breast fillets, boneless, skinless, \$7.30
- 1 1 lb. bag whole carrots, \$0.92
- 2 gallon milk, 2% reduced-fat, \$4.86
- 1 16 oz. chub ground turkey, 90% lean, \$2.98
- 1 6 count large white eggs, \$0.79



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## Nonperishable Food Items

- 1 12 oz can evaporated milk, fat free, \$0.60
- 2 cantaloupes, \$3.76
- 1 8" 10 count whole wheat, \$2.18
- 2 14.5 oz. cans tomatoes in tomato juice, \$0.92
- 1 16 oz bottle Italian salad dressing, \$1.98
- 1 12.5 oz. can fully cooked chicken, chunk, \$2.08
- 4 gala apples, \$2.36
- 1 loaf bread, 100% wheat, \$1.48
- 2 5 oz. cans chunk light tuna in water, \$1.36
- 1 20 oz. container cane sugar, \$1.83
- 2 14.5 oz. cans sliced pears, no sugar added, \$1.92
- 1 old fashioned oats, 42 oz canister, \$2.46
- 1 long grain rice, brown, 32 oz, \$1.26
- 1 watermelon, seedless, \$3.28
- 2 cans green beans, 14.5 oz, \$1.76
- 1 5.25 oz. black pepper and iodized salt combo, \$1.56
- 1 3 oz. chili powder, \$0.98
- 1 yellow onion \$0.54
- 4 pears, \$2.90
- 1 box saltine crackers, whole grain, 19.96 oz, \$2.38
- 1 lemon, \$.50
- 1 30 fl oz. mayonnaise, \$1.94
- 1 8.1 oz. double action baking powder, \$1.00
- 1 banana, \$0.20
- 1 16 oz. package penne pasta, whole wheat
- 1 zucchini

