

Live HealthSmart

GROCERY LIST

PERISHABLE FOODS

PRODUCE

- 6 bananas- **\$0.94**
- 2lbs peeled baby-cut Carrots- **\$1.92**
- 4 large sweet potatoes- **\$3.14**
- 3lb bag of Gala apples- **\$3.00**
- 4 Naval organes- **\$2.48**
- 10oz hummus- **\$1.98**

DAIRY

- 2 32oz Plain Nonfat Greek yogurt- **\$6.94**
- 1 gallon 1% Lowfat milk- **\$2.58**
- 8oz cheddar cheese block -**\$2.38**

OTHER

- 24oz 100% whole wheat bread- **\$2.98**
- 16oz (6 ct) whole wheat pita bread-**\$2.50**
- 36oz (18ct) Large white eggs- **\$1.30**
- 1lb 93% lean ground turkey- **\$3.96**

FROZEN FOODS

- 16oz blueberries- **\$2.47**
- 10oz seasoning blend (onions, peppers, celery, parsley) vegetables- **\$1.16**
- 12oz broccoli florets- **\$1.00**
- 10oz chopped spinach- **\$1.48**
- 10oz cauliflower riced- **\$2.48**
- 3lb boneless skinless chicken breast- **\$5.94**



NON-PERISHABLE FOODS

- 18oz 100% whole grain old fashioned oats- **\$1.76**
- 18oz peanut butter- **\$1.18**
- 8oz Chickpea pasta- **\$2.88**
- 28oz tomato sauce- **\$0.88**
- 2 5oz cans chunk light tuna in water- **\$1.36**
- 16oz brown rice- **\$0.78**
- 15oz sweet whole kernal corn- **\$0.50**
- 15oz no salt added black beans- **\$0.48**
- 15.5oz Cannellini beans- **\$0.48**
- 2 14.5oz cans green beans- **\$1.00**
- 1oz taco seasoning mix- **\$0.44**
- 29oz can no sugar added sliced peaches- **\$1.84**
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- 20oz pineapple chunks in 100% juice-**\$0.98**
- 11oz vanilla & almond granola- **\$2.86**
- 20oz raisins- **\$2.94**

Subtotal: \$72.78

Prices sourced from Walmart.com

Pickup Location Lakeshore Pkwy Homewood, AL

