

# SHELF STABLE SHOPPING LIST

## Canned Tuna

High in protein and omega 3 fatty acids, tuna is an affordable option that can be added to a variety of dishes. Try as an addition to pasta salad or a toast topping.

## Rolled Or Instant Oats

A good source of fiber to aid in lowering cholesterol and slowing digestion, oats are a great breakfast option! Try it savory style by adding an egg and diced peppers.

## Beans & Legumes

Beans, Chickpeas, Lentils, and Split Peas are nutritious sources of fiber, plant protein, iron, and complex carbohydrates. Add to stir-fry, soups, wraps, and burrito bowls.

## Nuts, Seeds & Nut Butters

Nuts and seeds offer heart healthy fats and plant protein for an easy on-the-go snack. Add to oatmeal, salads, or yogurt for crunch.

## Grains

pasta, cereal, quinoa, rice, barley, grain-based soups etc.

Choose whole grain varieties for more fiber and sustained energy. Grains are easy to prepare and are a great base for a hearty meal with roasted vegetables, lean protein, and olive oil or tahini!

## Potatoes

Available year round with many varieties, potatoes are a good source of potassium and carbohydrates. Bake, roast, sauté, add to soups, top with bean chili, or put in a breakfast bowl

## Canned Vegetables & Fruit

Look for canned fruits and veggies in water or 100% juice with no added salt. Canned varieties still provide vitamins last much longer than fresh. Add canned veggies to omelets, stir-fry, and pasta; and canned fruit to salads, smoothies, or oatmeal.

## TIPS TO KEEP YOU AND ESSENTIAL EMPLOYEES SAFE WHILE SHOPPING

Sanitize high touch surfaces with hand sanitizer, like cart and basket handles.

Stay six feet apart from others when possible.

Use card or smart devices for payment.

Leave the reusable shopping bags at home.

Order online if possible.