

HEALTHY EATING ON A BUDGET: GROCERY SHOPPING LIST

To view online modules, visit www.esc20.net/headstart and click on the "Parent Courses" tab.

FRUIT AND VEGETABLES



<input type="checkbox"/> _____	<input type="checkbox"/> _____
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MILK, CHEESE, YOGURT



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MEAT, POULTRY, SEAFOOD



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BREAD, RICE, PASTA, CEREAL



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CANNED FOOD, BEANS, NUTS



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FROZEN FOOD



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BAKING SUPPLIES



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MISCELLANEOUS ITEMS



<input type="checkbox"/> _____	<input type="checkbox"/> _____
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