

1

Shopping List for One Person

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 5 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 2 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 3 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability

2

Shopping List for Two People

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 9 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 3 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 6 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability

3

Shopping List for Three People

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 14 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 5 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 9 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability

4

Shopping List for Four People

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 18 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 6 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 12 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability

5

Shopping List for Five People

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 23 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 8 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 15 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability

6

Shopping List for Six People

Food Group	Quantity
Fruit & Vegetables <i>Fresh, canned, frozen, dried, juice</i>	Select 27 items
Grains <i>Includes pasta, rice, cereal, & bread</i>	Select 9 items
Dairy & Protein <i>Includes beans, fish, chicken, peanut butter, nuts, eggs, milk, yogurt, & cheese</i>	Select 18 items
Other <i>Anything not included above</i>	Select 1 item

Quantities are subject to change, based on availability