

Grocery List



Week/Month of:			
FRUITS		GRAINS (BREADS, PASTAS, RICE, CEREALS)	
DAIRY		VEGETABLES	
PROTEIN FOODS (MEAT, SEAFOOD, BEANS AND PEAS, NUTS, EGGS)		OTHER	
Put a star (*) next to items you can use WIC for Put a hashtag (#) next to foods you can use food stamps for			