



UW Cooperative Extension Service

Cent\$ible Nutrition Program

"Helping Families Eat Better for Less"

Grocery List For Cook Once: Eat for 2 Weeks

Canned & Packaged Goods	Staples	Fruits & Vegetables	Breads & Cereals
*Dairy Foods	*Meat & Poultry	*Frozen Foods	

* These foods need to be purchased last so their safety and quality are protected.