

Vegetables and Fruits

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Breads, Rice and Pasta

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Other

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Milk, Yogurt and Cheese

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Beans and Canned Food

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Meat, Poultry, Seafood, Eggs

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Frozen Food

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- _____
- _____



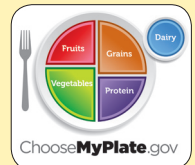
Grocery List

www.foodhero.org



Weekly Meal Planner

- Monday _____
- Tuesday _____
- Wednesday _____
- Thursday _____
- Friday _____
- Saturday _____
- Sunday _____



Extension Service
Paid for in part by Oregon SNAP