



Greater Wisconsin
Agency on Aging Resources, Inc.

Recipe Resources:

<https://www.choosemyplate.gov/resources/infographics/5-ways-series>

<https://www.choosemyplate.gov/eathealthy/recipes-cookbooks-and-menus>

<https://www.eatright.org/coronavirus/recipes>

<https://spendsmart.extension.iastate.edu/recipes/>

<https://www.choosemyplate.gov/myplatekitchen>

https://bushbeans.com/en_US/recipes-inspiration

<https://www.goya.com/en/recipes>

<https://randallbeans.com/recipes/>

<https://www.mccormick.com/recipes/quick-meals>

<https://www.penzeys.com/shop/recipes/>

<https://www.thespicehouse.com/pages/recipes>

Shopping List

Grains

- Whole Wheat Bread- 1-loaf
- Low-Fat Microwave Popcorn- 1- 4-6 bag count box
- Toast Oat or Whole Grain Cereal- 1 box
- Other Cereal _____
- Instant Oatmeal or Cream of Wheat- 6 pack
- Old Fashioned Oats
- Cereal Bars- Box of 4-6 count
- Buttermilk or Blueberry Waffles (Frozen)
- Instant or Pre-cooked Brown Rice
- Instant or Pre-cooked White Rice
- Precooked or Dry Quinoa or Quinoa/Rice Blend
- English Muffins- 6 count package
- Whole Wheat, low-fat crackers
- Whole Wheat Tortilla
- Other: _____

Fruit/Veggies (Frozen or Canned)

- Frozen Mashed Cauliflower, Broccoli, Spinach, Vegetable blends, Veggie Spirals (Zucchini, Butternut Squash)
- Frozen Fruit

- Canned Fruit, in water or its own juice.
 - Pears, Mandarin Oranges, Peaches, Pineapple
 - Assorted Fruit cups in water or its own juice
 - Applesauce, no added sugar
 - Canned Pumpkin
 - Other: _____
- 100% Orange, apple or grape juice
- Canned (low sodium or salt-free) Peas, Green Beans, Carrots, Mixed Veggies, Spinach, Diced or Stewed Tomatoes, Tomato Sauce, Potatoes, Beets, Artichoke Hearts
- Mild or Fire Roasted Diced Green Chiles.
- Raisins or Craisins- 6-8 Individual boxes or 1 bulk container
- V-8 Juice or Tomato Juice (low sodium), 32 oz or ~6 oz individual cans X 6-8
- Baked Beans (Reduced Sodium)
- Black Beans (Reduced Sodium)
- Kidney Beans (Reduced Sodium)
- Garbanzo Beans (Reduced Sodium)
- Pinto Beans (Reduced Sodium)
- Cannellini Beans (Reduced Sodium)

Grocery Shopping Tips from Choose My Plate

Find **fruits and vegetables** in the produce section, frozen foods, and in the canned and pantry food aisles.

- Buy “in season” produce. They are usually less expensive and are at their peak flavor. Buy only what you can use before it spoils.
- Try buying canned. Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh and often cost less.
- If you have the freezer space, buy frozen vegetables without added sauces or butter. They are as good for you as fresh and may cost less.
- Canned and frozen fruits and vegetables last much longer than fresh and it’s a quick way to add fruits and vegetables to your meal.

Find **grains** in many areas of the store, including the bread, cereal, snack, and pasta and rice aisles.

- Make half your grains whole grains. Throughout the store, check ingredient lists and pick the items that have a whole grain listed first.
- Whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- Rice and pasta are budget-friendly grain options.
- Choose hot cereals like plain oatmeal or whole-grain dry cereal.

Find **protein foods** throughout the entire store. They can be found in the fresh meat case, frozen foods section, dairy case, and canned and pantry food aisles.

- Some great low-cost choices include beans and peas, such as kidney beans, split peas, and lentils. Use these good sources of protein for main or side dishes. Beans and peas cost far less than a similar amount of other protein foods.
- To lower meat costs, buy the family-sized or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (at least 93% lean) ground beef.
- Seafood doesn’t have to be expensive. Try buying canned tuna, salmon, or sardines – they store well and are a low-cost option.
- Don’t forget about the eggs! They’re a great low-cost option that’s easy to prepare.

Find **dairy foods** in the refrigerated and pantry aisles.

- Choose low- fat or fat-free milk. They provide just as much calcium, but fewer calories.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurt. Then add your flavors by mixing in fruits.
- When it comes to cheese, look for "reduced fat," or "low-fat" on the label.
- Always check the sell-by date to make sure you're buying the freshest dairy products.