



BASIC SHOPPING LIST FOR COLLEGE OMNIVORES

Once you invest in a few basics in the cookware department, you'll need a to fill your pantry and find a few basic recipes (see *Getting Comfy in the Kitchen: Tips for College Students* at chewthefacts.com). In addition to weekly groceries, it's helpful to stock a basic pantry. A basic pantry includes items that you only have to buy on occasion, and those items that are shelf or freezer stable. Here are a few simple lists to get you started (*Note: these lists are for omnivores.*

If you are exploring vegetarian or vegan diet, ask your health center if they can put you in touch with a registered dietitian to ensure your diet is well-planned and balanced).

BASIC PANTRY STAPLES

- Canned or jarred foods: beans, diced tomatoes, tomato sauce, green beans, corn, tuna, peaches, pineapple, pears
- Boxed food: Quick cooking or regular rice (brown and white), pasta/macaroni/noodles, quick cooking or regular oats
- All-purpose flour, whole wheat flour, salt, baking powder, sugar, brown sugar
- Spices (pepper, chili powder, cumin, garlic powder, paprika, cinnamon)
- Dried herbs (rosemary, sage, thyme, dill, mixed herb blends)
- Boxed broth or bouillon cubes (mix with water to make broth)
- Peanut butter (other nut-butters are great too, but often more expensive), jam/jelly
- Frozen vegetables (peas, mixed stir-fry veggies, corn, pepper-onion mix)
- Frozen fruit (berries, mango)

BUDGET WEEKLY OR BIMONTHLY GROCERIES

- Eggs: an inexpensive and easy to prepare food high in protein and other important nutrients.
- Fresh fruit and vegetables. In addition to canned or frozen, you can look for fresh produce that's on sale. If berries are buy-one-get-one-free, buy the extra and freeze some in freezer bags. They're all good, so try to include a variety. There's no need to spend more on Organic when it costs more. Contrary to popular belief, regular produce is just as healthy as choosing organic (always wash your produce before eating).
- Potatoes. White or sweet potatoes are easy to bake.
- Milk. There are so many milk-type beverages on the market. If you don't tolerate cow's milk, you can choose soy milk. Keep in mind that not all plant-based milk beverages provide the protein of cow's milk. Some have calcium added to them. It's your choice.
- Other dairy: Sour cream (use as topping and in cooking), plain yogurt (top with fruit or use in cooking), cheese (shredded or block, cheese can add flavor to lots of recipes).
- Protein: lean ground beef, round steak, pork tenderloins, chicken drumsticks, chicken thighs/breast, rotisserie chicken, bratwurst/sausage, salmon, tofu, nuts. Sometimes bulk packaging is less expensive. Buy extra and put 2-servings into quart sized freezer bags (or silicone bags). Look for specials. If you aren't eating meat, be sure to have tofu and beans on your list. You can also buy frozen plant-based crumbles to sub for ground meat, or other frozen plant-based meat substitutes.
- Breads (whole grain bread, English muffins, bagels, tortillas, naan)