

# Produce Staples: Stock smart



## WEEKLY FRESH PRODUCE

(CHECK THE 'PACKAGED ON/BEST BY DATE'; SOME VARY SIGNIFICANTLY)

cucumbers	kale	yellow squash
mushrooms	spinach	zucchini
lettuces	tomatoes	broccoli
bananas	fresh berries	grapes

## FRESH PRODUCE WITH LONGER SHELF LIFE

(>2 WKS REFRIGERATED)

cabbage	radish	winter squashes
carrots	sweet potatoes	(butternut
celery	peppers	spaghetti, acorn)
onions/scallions	eggplant	cauliflower
apples	pears	melons
oranges	avocados	pineapple

## FROZEN PRODUCE

(6-10 MONTHS; AVOID THOSE WITH ADDED SUGAR, FAT OR SALT LISTED IN THE INGREDIENT LIST)

broccoli	spinach	brussel sprouts
cauliflower	peas	carrots
california blend	stir fry blend	asparagus
green beans	peppers	corn
berry blend	strawberries	cherries
blueberries	mango	acia

## CANNED PRODUCE

(2-5 YRS; AVOID THOSE WITH ADDED SUGAR, FAT OR SALT LISTED IN THE INGREDIENT LIST)

tomatoes	carrots	corn
green beans	peas	lima beans
pears	applesauce	pineapple
peaches	mixed fruit	mandarin oranges