

## \$HOP \$MART GROCERY LIST



VEGETABLES & FRUIT	GRAIN PRODUCTS	MEAT & ALTERNATIVES	MILK & ALTERNATIVES	OTHER
<ul style="list-style-type: none"> <li>✓ Pick in season produce</li> <li>✓ Choose local</li> <li>✓ Buy frozen &amp; canned</li> </ul> <p>WINTER</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Apple</li> <li><input type="checkbox"/> Pears</li> <li><input type="checkbox"/> Banana</li> <li><input type="checkbox"/> Oranges</li> <li><input type="checkbox"/> Cabbage</li> <li><input type="checkbox"/> Squash</li> <li><input type="checkbox"/> Carrots</li> <li><input type="checkbox"/> Potatoes</li> <li><input type="checkbox"/> Turnip</li> <li><input type="checkbox"/> Parsnip</li> <li><input type="checkbox"/> Yams</li> <li><input type="checkbox"/> Onions</li> </ul> <p>SUMMER</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Strawberries</li> <li><input type="checkbox"/> Peaches</li> <li><input type="checkbox"/> Blueberries</li> <li><input type="checkbox"/> Broccoli</li> <li><input type="checkbox"/> Cauliflower</li> <li><input type="checkbox"/> Peas</li> <li><input type="checkbox"/> Corn</li> <li><input type="checkbox"/> Onion</li> <li><input type="checkbox"/> Lettuce</li> <li><input type="checkbox"/> Spinach</li> <li><input type="checkbox"/> Zucchini</li> <li><input type="checkbox"/> Cucumber</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>✓ Buy in bulk</li> <li>✓ Look for 'day-old'</li> <li>✓ Choose store brand or No Name products</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pasta</li> <li><input type="checkbox"/> Bread</li> <li><input type="checkbox"/> Buns</li> <li><input type="checkbox"/> Tortilla</li> <li><input type="checkbox"/> Bagels</li> <li><input type="checkbox"/> Pita bread</li> <li><input type="checkbox"/> Baguette</li> <li><input type="checkbox"/> Barley</li> <li><input type="checkbox"/> Rice</li> <li><input type="checkbox"/> Cornmeal</li> <li><input type="checkbox"/> Bulgar</li> <li><input type="checkbox"/> Bannock</li> <li><input type="checkbox"/> Oatmeal</li> <li><input type="checkbox"/> Bulk Cold cereal</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>✓ Buy beans &amp; lentils</li> <li>✓ Eat fish</li> <li>✓ If using meats – watch portions</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Canned or Dried Beans</li> <li><input type="checkbox"/> Canned or Dried Lentils</li> <li><input type="checkbox"/> Tofu</li> <li><input type="checkbox"/> Canned Fish</li> <li><input type="checkbox"/> Eggs</li> <li><input type="checkbox"/> Peanut Butter</li> <li><input type="checkbox"/> Bulk nuts</li> <li><input type="checkbox"/> Bulk Seeds</li> <li><input type="checkbox"/> Roasted Soybeans</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>	<ul style="list-style-type: none"> <li>✓ Choose low fat</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/> Skim Milk powder</li> <li><input type="checkbox"/> Yogurt (on sale)</li> <li><input type="checkbox"/> Cottage cheese</li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul> <p><i>* If you do not consume dairy products, consider a calcium + Vit D supplement.</i></p> <p>Calcium Requirement</p> <p>Men - 1000 mg/day Women – 1200mg/day</p> <p>Vit D Requirement for Men &amp; Women</p> <p>400 – 600 IU/day</p> <p><i>** Speak to your local pharmacist to help you find the best product for your needs.</i></p>	<ul style="list-style-type: none"> <li>✓ Use canola oil</li> <li>✓ Drink water to satisfy thirst and limit juice</li> <li>✓ Limit treats</li> </ul> <ul style="list-style-type: none"> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> <li><input type="checkbox"/></li> </ul>