

Grocery Store Categories	Food Items		
Produce	<b>Vegetables:</b> Celery, carrots, kale, asparagus, brussels sprouts, bamboo shoots, beets, bok choy, broccoli, cauliflower, corn, cucumbers, dandelion greens, edamame, eggplant, potatoes, spaghetti squash, butternut squash, zucchinis	<b>Fruits:</b> Apples, bananas (for freezer), grapefruit, oranges	
Meat/Seafood	Lean cuts of meat (for freezer), pre-made lean ground meat (for freezer)		
Dairy/Eggs	Fresh eggs, carton egg whites, vegan option: Just Egg mixture, shelf-stable milk		
Aisles	<b>Grains:</b> rolled oats, instant oatmeal, pasta, rice, ready-made quinoa, couscous, refrigerated pizza crust, whole grain bread (for freezer), tortillas, English muffins	<b>Canned Foods:</b> fruit in water, low sodium vegetables, salmon, chicken, tuna, roasted peppers, beans, crushed tomatoes, salsa, tomato sauce, chickpeas, broth	<b>Other Pantry Items:</b> balsamic vinegar (for dressing), mustards, spices (garlic powder, oregano, chili powder, cumin), nut butter
Frozen	Toaster waffles (i.e. Kodiak Cakes), fruit, vegetables, edamame, fish		

## For Freezing

Storage Length	Food Item
2-3 months	Soups, stews; cooked beans
3-6 months	Cooked or ground meat and poultry
6-8 months	Berries, other chopped fruit stored in freezer bags
8-12 months	Vegetables, if blanched