



# FRIENDLY FRIDGE

## SHOPPING SUGGESTIONS

### FRESH FRUIT

- Oranges
- Apples
- Berries
- Pineapple

### FRESH VEGGIES

- Potatoes
- Cucumber
- Carrots
- Broccoli
- Cauliflower
- Garlic
- Onions
- Salad mixes

### DAIRY

- Butter
- Milk
- Eggs
- Cheese
- Yogurt

### PROTEINS **\*\*MUST BE SEALED AIR TIGHT and stored on the BOTTOM SHELF of the fridge\*\***

- Chicken
- Ground beef
- Pork
- Bacon
- Sausage
- Salmon
- Tilapia
- Sandwich meat

## **CARBS**

- Tortillas
- Bread

## **FROZEN ITEMS**

- Hot Pockets
- Microwaveable meals
- Frozen chicken products
- Burritos
- Pizzas
- Frozen veggies (peas, corn, green beans, spinach)
- Chicken tenders or nuggets

## **CONDIMENTS**

- Salad dressing (ranch, vinaigrettes)
- Ketchup
- Mustard
- Mayo
- Hot sauce
- Jelly / Jam / Preserves

## **BEVERAGES**

- Juice