

# Grocery Store Steals



BlueCross BlueShield  
of Mississippi

It's good to be Blue.

Try to keep the following food staples on hand to ensure you always have a healthy snack or meal available.



**Frozen fruits and vegetables** - Frozen fruits and vegetables are packed with nutrition and often times are much cheaper than fresh produce, especially when the produce is not in season. Try making a smoothie with frozen fruit or use the vegetables as a side dish or add them to pasta such as spaghetti to make it healthier.



**Dry rice and beans** - Dry rice and beans are inexpensive staples to keep on hand. Make a large batch of brown rice to last you through the week as a side dish or make a broccoli rice casserole. Add beans to salads, soups, stir-fry's or tacos.



**Frozen or canned meats** - Frozen meat is sometimes cheaper but is the same nutritionally as fresh meats. Buy frozen chicken breasts or turkey burgers. Canned tuna is a quick, easy and inexpensive protein to keep in your pantry. Make a tuna salad that can be eaten with whole grain bread or crackers or veggie sticks.



**Low-fat yogurt and cheese** - Keep low-fat yogurt and cheese in your refrigerator for a quick and easy snack!



**Bread** - Choose whole grain bread that can be used for toast in the morning or for sandwiches throughout the day.



**Peanut Butter** - peanut butter is a good source of protein. Try adding some peanut butter to an apple or banana for a snack or spread some on whole-grain bread!

Keeping frozen meat, frozen vegetables and rice on hand will guarantee that you always have a quick, healthy meal to prepare!