

Maria's Shopping List – Winter

Instructions: write this shopping list on a piece of flip chart paper for the Apply Activity of the “Shop Smart to Fill Your Cart” task. Be sure to use the shopping list that corresponds to the particular time of year that you are teaching the task.

Vitamin D milk – 1/2 gallon (4)	Fresh chicken breast tenderloins
Beef tips for stew	Ground beef (1 lb.)
Large baking potatoes (3)	Cheddar cheese
Wavy potato chips	White sandwich bread
Fudge striped shortbread cookies	Toaster pastries
Strawberries	Apple Cinnamon O's cereal
Mangoes (2)	Fruit on the bottom yogurt (8)
Grapes	Cola 2-liters (3)
Kiwi fruit (4)	Fruit punch
Broccoli	White rice
Spinach	Instant oatmeal variety pack
Bell peppers	Tortillas
Bagged salad mix	Asparagus
Baby carrots	Noodles
Fresh tomatoes	Pretzels



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Maria's Shopping List – Spring

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Vitamin D milk – 1/2 gallon (4)	Fresh chicken breast tenderloins
Beef tips for stew	Ground beef (1 lb.)
Large baking potatoes (3)	Cheddar cheese
Wavy potato chips	White sandwich bread
Fudge striped shortbread cookies	Toaster pastries
Pears (5)	Apple Cinnamon O's cereal
Mangoes (2)	Fruit on the bottom yogurt (8)
Grapes	Cola 2-liters (3)
Kiwi fruit (4)	Fruit punch
Cauliflower	White rice
Sweet potatoes (2)	Instant oatmeal variety pack
Bell peppers	Tortillas
Bagged salad mix	Cherries
Baby carrots	Noodles
Fresh tomatoes	Pretzels



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Maria's Shopping List – Summer

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Beef tips for stew	Ground beef (1 lb.)
Large baking potatoes (3)	Cheddar cheese
Wavy potato chips	White sandwich bread
Fudge striped shortbread cookies	Toaster pastries
Pears (5)	Apple Cinnamon O's cereal
Oranges (4)	Fruit on the bottom yogurt (8)
Grapes	Cola 2-liters (3)
Broccoli	Fruit punch
Cauliflower	White rice
Sweet potatoes (2)	Instant oatmeal variety pack
Cabbage	Tortillas
Bagged salad mix	Apples
Baby carrots	Noodles
Fresh tomatoes	Pretzels



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Beef tips for stew	Ground beef (1 lb.)
Large baking potatoes (3)	Cheddar cheese
Wavy potato chips	White sandwich bread
Fudge striped shortbread cookies	Toaster pastries
Strawberries	Apple Cinnamon O's cereal
Oranges	Fruit on the bottom yogurt (8)
Grapes	Cola 2-liters (3)
Bananas	Fruit punch
Blueberries	White rice
Broccoli	Instant oatmeal variety pack
Spinach	Tortillas
Bagged salad mix	Asparagus
Baby carrots	Noodles
Fresh tomatoes	Pretzels



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