

SNAP Awareness Week Grocery List:

Current MA Average: $\$4.56 \times 7 \text{ days} = \31.92

HIP: $\$40/\text{month} = \10 worth of produce/week

Total for a week's budget: $\$10 + \$31.92 = \$41.92$

*Keep in mind, this is what the potential for food looks like without using a pantry. Consider going to pantries to obtain more food, such as cereal, milk, produce, canned goods, beans, lentils, etc...

What a weeks' worth of food can look like:

Food Bank Mobile:

- Potatoes
- Onions
- Apples

HIP Vendor: Produce (Up to \$40/month or \$10/week)

- Head of lettuce
- Strawberries
- Green Pepper
- Carrots

Grocery Store

GRAINS:

- Corn Tortillas: (10 count): $:\$1.19$
- Whole Wheat Spaghetti: $\$1.49$
- Brown Rice: 3.19 (32 oz. bag)
- Instant Oatmeal (12 count): $\$1.69$

PROTEIN:

- Beans: $\$0.85/\text{can}$ (2 cans)= $\$1.70$
- Pork Tenderloin: $\$2.08$ (2lbs)
- Eggs: $\$0.99$ (1 dozen)
- Tuna: $\$1.69$ (1 can)
- Chicken Thighs: (4 count): $\$2.86$

PANTRY ITEMS:

- Stir Fry Sauce: $\$2.08$
- Pasta Sauce: $\$1.99$ (24oz jar)
- Canned Pineapple: $\$1.89$ (16oz can)
- Italian Salad Dressing: $\$2.09$
- Chicken Broth: $\$1.29$ (32oz)

PRODUCE:

- Frozen Stir Fry Vegetables: 1 (16oz) bag= $\$1.69$
- Bananas: $\$0.69/1\text{lb}$

DAIRY:

- Cheese: 2 Cups= $\$2.69$

**TOTAL FROM
GROCERY STORE:
 $\$31.29$**

Meal Ideas for Food Items Purchased:

Breakfast:

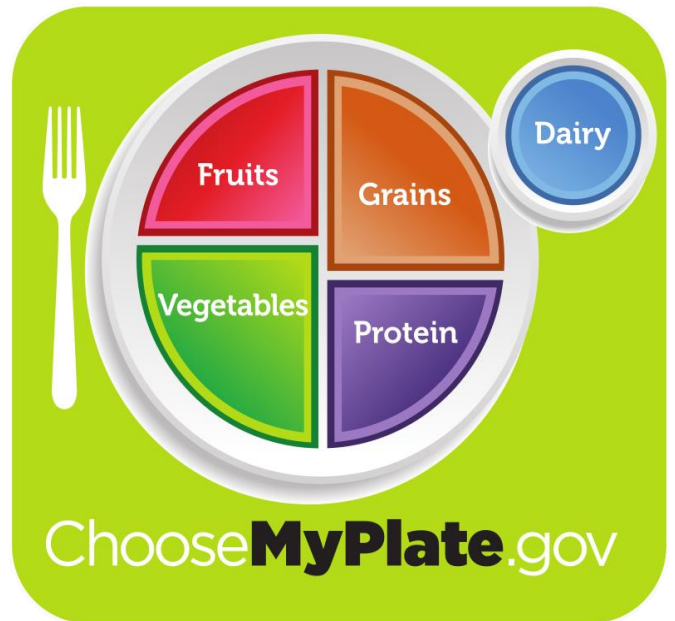
- Oatmeal with strawberries
- Egg & cheese breakfast burritos

Lunch:

- Salad with peppers, onions, carrots, with salad dressing
- Apple Tuna sandwich

Dinner:

- Stir fry with vegetables and rice
- Breakfast for dinner (eggs, toast, home fries)
- Pork tenderloin with potato wedges
- Spaghetti with sauce
- Large salad



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Oatmeal with strawberries	Oatmeal with banana	Oatmeal with strawberries	Breakfast burrito	Oatmeal with strawberries	Breakfast burrito	Oatmeal with banana
Lunch	Apple tuna sandwich	Leftover Pasta with sauce	Vegetable salad with hardboiled egg	Apple tuna sandwich	Vegetable salad	Vegetable salad with hard boil egg	Vegetable salad
Dinner	Pasta with sauce	Breakfast for Dinner: eggs, toast, & home fries	Pork tenderloin with potato wedges	Slow cooker pineapple chicken with rice & corn tortilla	Breakfast for Dinner: eggs, toast, & home fries	Leftover pineapple chicken with corn tortilla	Pasta with sauce

RECIPES USING ITEMS FROM GROCERY LIST

Tuna Apple Salad

Serves 4



Ingredients

1 can tuna (12 oz.) packed in water 1 apple
2 Tbsp of minced red onion 1 cup celery (chopped)
5 Tbsp light Italian dressing

Directions: Mix all ingredients together and enjoy! Tuna apple salad can be used on sandwiches, pitas, or salads.

Nutrition: Serving Size ¼ of recipe: 123 calories, 5.5 g fat, 365 mg sodium, 7.75g carbohydrates, 1.25g fiber, 10.5g protein

Source: <https://whatscooking.fns.usda.gov>

Crockpot Pineapple Chicken

Serves 6

Recipe from: www.momswithcrockpots.com

4 boneless, skinless chicken breasts, about 2 lbs (can substitute thighs if desired)
1 (20 oz) can pineapple chunks or rings in juice
1 onion, chopped
2 Tbsp reduced sodium soy sauce
1/2 cup chicken broth

Directions: Chop onion and place in crock pot. Place chicken breast on top of onion. Dump the can of pineapple (juice and all) over the chicken. Pour the soy sauce and the chicken broth over everything. Cover and cook on HIGH in a slow-cooker for 4-5 hours or on LOW for 6-8 hours.

Suggestion: Serve over rice and accompany with a salad or steamed vegetables.

**Substitute low sodium soy sauce or low or reduced chicken broth to further reduce sodium content.*

Nutrition Facts Per Serving: Calories 160, Total Fat 2 gm, Saturated Fat 0 gm, Sodium 370 mg, Carbohydrate 17 gm, Fiber 1 gm, Sugars 16 gm, Protein 18 gm