SNAP Awareness Week Grocery List:

Current MA Average: $4.56*7 days=$31.92
HIP: $40/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 week’s 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/can (2 cans) = $1.70
- Pork Tenderloin: $2.08 (2 lbs)
- Eggs: $0.99 (1 dozen)
- Tuna: $1.69 (1 can)
- Chicken Thighs: (4 count): $2.86

PRODUCE:
- Frozen Stir Fry Vegetables: 1 (16oz) bag= $1.69
- Bananas: $0.69/1lb

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

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<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Oatmeal with strawberries</td>
<td>Oatmeal with strawberries</td>
<td>Oatmeal with strawberries</td>
<td>Breakfast burrito</td>
<td>Oatmeal with strawberries</td>
<td>Breakfast burrito</td>
<td>Oatmeal with banana</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Apple tuna sandwich</td>
<td>Leftover Pasta with sauce</td>
<td>Vegetable salad with hard boiled egg</td>
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<td>Vegetable salad</td>
<td>Vegetable salad with hard boil egg</td>
<td>Vegetable salad</td>
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<tr>
<td><strong>Dinner</strong></td>
<td>Pasta with sauce</td>
<td>Breakfast for Dinner: eggs, toast, &amp; home fries</td>
<td>Pork tenderloin with potato wedges</td>
<td>Slow cooker pineapple chicken with rice &amp; corn tortilla</td>
<td>Breakfast for Dinner: eggs, toast, &amp; home fries</td>
<td>Leftover pineapple chicken with corn tortilla</td>
<td>Pasta with sauce</td>
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**Crockpot Pineapple Chicken**  
Serves 6  
Recipe from: [www.momswithcrockpots.com](http://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

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**Tuna Apple Salad**  
Serves 4  
Source: [https://whatscooking.fns.usda.gov](https://whatscooking.fns.usda.gov)

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

**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