

Back-to-School:

Marie's Healthy Grocery Shopping List

Take this list along on your next trip to the grocery store to recreate ParentFurther blogger, Marie Williams', healthiest, time-saving snack ideas. Find them on the ParentFurther blog here:

<http://www.parentfurther.com/blog/healthy-back-to-school-snacks>

**Brand names are listed because these are brands I have tried. Feel free to substitute your favorite products.*

Produce

- Celery (10 medium stalks)
- Carrot sticks
- Large, Beefeater tomatoes (2)
- Strawberries (16 oz.)
- Bananas
- Grapes (2 lbs. green, seedless)
- Garden Highway 7 oz. Pico de Gallo (pre-packaged is fine, as long as no salt added)
- Lemons (6)
- Medium-sized lettuce (1 head)

Dairy

- Dannon low-fat, plain yogurt (6, 4 oz. cups)
- Sargento low-fat, reduced-moisture string cheese (1 package)

Grocery

- Athenos hummus (11 varieties to choose from)
- Food Should Taste Good all-natural sweet potato chips
- Mission small, multi-grain fajita tortillas (1 package)
- Arnold Oat Nut bread (1 loaf)
- Boboli 8-inch, 100% whole wheat thin pizza crusts (2 per package)
- 1 bottle Sue Bee Honey or, if available, 100% raw, unfiltered honey
- Del Monte diced tomatoes, 14.5 oz can (no salt added)
- V8 Low-Sodium 100% Vegetable Juice (6 pack)

Meat

- 8 oz. deli-sliced turkey
- Perdue Short Cuts carved chicken breasts (27 oz. packet)