

# Non-perishable Healthy Grocery Shopping List

Non-perishable foods are ones that can be stored safely at room temperature. Please use this shopping list to help guide your choices at the grocery store when stocking up your pantry. You don't have to get everything on the list, but just a few will help you eat healthier.

## Grains

- Whole grain cereal
- Farina
- Cream of Wheat
- Whole grain crackers
- Oatmeal (instant, old-fashioned)
- Whole wheat pasta noodles
- Spaghetti noodles
- 1 lb bag of rice (white or brown)
- Blue/Yellow Corn meal

## Vegetables (reduced sodium)

- Canned carrots
- Canned green beans
- Canned spinach
- Canned tomatoes
- Canned beets
- Canned corn
- Canned peas
- Canned pumpkin

## Fruits (packed in 100% juice)

- Canned peaches
- Canned fruit cocktail
- Canned pineapple
- Canned pears
- Applesauce
- Canned peaches
- Canned pineapple
- Raisins
- Dried cranberries
- Dried apricots

## Protein

- Peanut butter (natural, creamy, chunky)
- Peanuts (unsalted)
- Sunflower seeds (unsalted)
- Tuna, packed in water
- Sardines
- "Light" Spam
- Dried beans (pinto or any other)

## Dairy

- Powdered milk
- Evaporated milk
- Shelf-stable milk (non-fat)
- Shelf-stable soy milk

## Condiments

- Crystal Light
- Garlic powder
- Onion powder
- Red chile powder
- Pepper
- Mrs. Dash
- Light pancake syrup
- Canola oil
- Vegetable oil
- Olive oil
- Reduced sugar jam/jelly
- Vinaigrette salad dressing
- Italian salad dressing
- Herbal tea bags

This list is brought to you by the Registered Dietitians at Fort Defiance Hospital.

For questions, call a Registered Dietitian at (928) 729-8461/8450



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