

Grocery Shopping Guidelines

Shop the perimeter of your grocery store as much as possible. This is where the fresh fruits, vegetables, etc. are located. Try to ensure that the majority of your diet consists of food that will rot fairly quickly. Just eat them before they do so! You have to wonder about the health benefits of a pre-packaged cupcake that is still fresh one or two years later!

Your children's eating choices directly reflect your own for the most part. It is important to instill healthy eating habits at an early age, to ensure long-term health. Make it fun when possible, but be firm. This is one of those "battles" that is worth it in the long run!

Grocery Store Items Available at Your Local Grocery Stores & Co-ops.

- Country Choice Organic Oatmeal- available in individual packets
- Arrowhead Mills Organic Peanut Butter- made with non-hydrogenated oils
- Annie's Organic Foods- includes pasta, macaroni, and spaghetti's
- Annie's Organic Frozen foods- includes pizza, macaroni and cheese, enchiladas, toaster pops (just like pop tarts), etc.
- Annie's Organic Buttermilk Pancake Mix- delicious!
- Annie's Salad Dressing- wonderful organic salad dressing made with cold pressed oils.
- Van's Gourmet Multi Grain Frozen Waffles
- Coleman's Organic Beef and Pork
- Kadejan Chicken – no antibiotics or growth hormones used.
- Imagine Organic Tomato Soup- in a convenient box. Just pour and heat!
- Urban Fare Soup- delicious deli soups. Just heat and serve. Made with organic ingredients. Simon Delivers and Whole Foods carry this brand.
- Tofutti Sour Supreme Better than Sour Cream
- Organic Valley Skim Milk, Butter, Cheeses, and Organic Juices
- White Wave Soy Milk in Vanilla or Chocolate
- Stonyfield Organic Yogurt in individual containers and fun squeeze tubes for kids!
- Cascadian Farm Organic Strawberry Spread- great alternative to sugary jams & jellies
- Spectrum Organic Mayonnaise made with cold pressed oil.
- Muir Glen Organic Pasta Sauces- these are awesome
- Westbrae Organic Mustard
- Applegate sliced deli turkey and ham. Free of antibiotics and growth hormones
- DeBoles Organic Spinach Fettuccine- delicious!
- Berlim Natural Bakery and Great American Harvest make delicious chemical free, whole grain spelt bread and buns. It is gluten free, so easily digested. Tastes just like soft, white bread. Whole Foods carries the Berlim Natural brand.
- Ezekiel Sprouted Grain Breads- we love the cinnamon raisin, toasted and spread with a little organic butter. This is in the natural, frozen food section at Cub.
- Rice Dream- a non-dairy version of milk with frozen strawberries and 2 tbsp. of a high quality organic, soy powder makes a great power breakfast for kids and adults!
- Cascadian Farm frozen vegetables are delicious! Available at Cub.
- R.W. Knudsen Organic Juices
- Cream of Buckwheat makes a great, hot, whole grain cereal. Tastes like tapioca pudding.

The list goes on and on. There are wonderful products like:

- Frozen Organic French Fries made with non-hydrogenated oils. These are awesome. We have found them at Cub Foods!
- Organic Chips and Salsas
- Organic Packaged Cookies made with whole grains and organic ingredients