

# 48<sup>TH</sup> Ward

## COVID –19 GROCERY LIST

March 21, 2020/submitted by Loyola Universtiy Dietetic Interns

### Non- perishable

#### Protein

- Beans/Legumes (canned or dried)
  - Black, Pinto, Kidney, White, Navy, Three Bean Mix, Chickpeas
- Lentils (dry or canned/ any color)
- Canned chicken/fish like tuna/salmon
  - “No Salt Added”, “in Water”
- Dried or canned soups
  - Low sodium vegetable soup, low sodium chicken noodle, low sodium minestrone
- Nuts
  - almonds, pecans, peanuts, walnuts, pistachios – preferably unsalted
- Nut butters
  - peanut, almond, cashew
  - Sun- butter (nut free option)
- Dehydrated Meat and Jerky – Beef Jerky or beef sticks
  - Country Archer, Old Wisconsin Snack sticks, CHOMPS, Sogo

#### Dairy

- Canned Milk
- Dried Milk
- Low-fat Evaporated milk

#### Non-dairy

- Unrefrigerated almond milk, coconut milk, soy milk
  - *Silk, Blue Diamond*

#### Grains: **NOTE WHOLE GRAIN preferable but regular/white OK too; probably good to some of both**

- Bread
- Rice (White, Brown, Wild)
  - *Option- microwave packets like Uncle Bens Ready Rice*
  - *Option- Boil in a bag like Minute Rice*
- Pasta (Any shape, whole grain preferable but regular OK too)
- Hot Cereals:
  - Oats (Quick Rolled or Instant)
    - Instant, single serving packets: one option: Nature Paths Organic Original Hot Oatmeal
    - Rolled: Quaker Oats Old Fashioned
    - Other options (Quaker, generic OK too)
  - Cream of Wheat
- Ready-to-Eat Cereals:
  - *Cheerios (Regular or Honey-Nut), Corn Flakes, Raisin Bran, Fiber One, Wheat Chex, Corn Chex, Rice Chex, Special K, Total, Shredded Mini-Wheat, Honey Bunches of Oats, Banana Nut Crunch*
- Other:
  - Cornmeal (potenta), quinoa, couscous, farro

- Tortillas (Whole Wheat, corn)
  - *Mission, Romeros*
- Pita bread
- Crackers (preferably whole grain)
  - Triscuits, Wheat Thins, or Saltines (UNSALTED),

### Healthy Fats

- Olive Oil, Vegetable Oil, Canola Oil
- Nuts (almonds, pecans, peanuts, walnuts, etc.)
- Nut Butters (peanut butter, almond, cashew)

### Fruits + Vegetables

- Canned vegetables/vegetable soups (Focus of a low or no sodium)
  - Green beans
  - Tomatoes: whole, diced, crushed
  - Corn
  - Peas
  - Carrots
  - Mixed vegetables
  - Artichokes
  - Greens (kale, chard, etc)
  - Tomato products: tomato paste, puree (these are great base for soups/stews)
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- Dried Fruits
  - raisins, apricots, figs, dates, cranberries
- Freeze dried fruit
  - Blueberries, strawberries, bananas, raspberries
- Canned fruit & fruit cups in water or natural juices
  - Peaches, pears, fruit cocktail, pineapple, berries
- Unsweetened Apple Sauce

### Other

- Jarred Sauces: Pasta sauce, pesto sauce
- Canned diced tomatoes
- 100% fruit or vegetable juice
- Jelly/Jam
  - No added sugar - Raspberry
  - No added sugar- Blueberry
  - No added sugar - Strawberry
- Honey
- Snacks
  - Rice Cakes (Plain only)
    - Quaker plain, Lundenburg (plain or low salt)
  - Pretzels (Original flavor)--UNSALTED
  - Trail Mix
    - Look for nuts and dried fruits. Exclude any with M&Ms, chocolate chips, etc.
  - Bagged Popcorn
    - Pre-made: Skinny pop, Smart pop, Boom Chicka pop,
    - Microwave: "Light Butter", "naturals"

- NO movie theater butter popcorn
  - Granola Bars
    - Annie's, Lara Bars, Cliff Bar, Fiber One Granola Bar
  - Corn chips
- Protein bars
  - *PURE protein, Think Thin, PREMIER protein, QUEST protein, Power Crunch,*
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- **Several gallon jugs of water**
- Condiments:
  - Salsa (canned)
  - Vegetable/chicken broth (low sodium)
  - Ketchup
  - Mustard
  - Mayo
  - Tomato sauce
  - Cumin
  - Chili powder
  - BBQ sauce
  - Vinegar
  - Soy sauce
  - Garlic powder
  - Cinnamon
  - Dry herbs

#### Kitchen items

- Can openers - for residents who may not have one at home to open the canned goods
- Coffee mugs- to make eggs, oatmeal muffins, pasta (serves as a mini Pyrex dish)