

# STUDENT GROCERY LIST

## PRO TIPS

### Hydration



- Make an inventory of your pantry and refrigerator.
- Consult grocery sales ads.
- Plan your meals for the week.
- Consult cookbooks, Pinterest or Instagram for inspiration!
- Make a list according to the contents of your pantry/cupboard.
- Avoid going to the grocery store when famished.
- Cook in large quantities with friends.
- Freeze prepared dishes.
- Preserve/store food adequately to avoid waste.
- Reduce your consumption of meat. (This is economical, nutritious and good for the planet!)



*These are just a few suggestions...many things are missing, but this is simply to give you a hand and provide inspiration on your next grocery shopping trip!*

*This list was approved by **Gabrielle Trépanier, P.Dt.**, Nutritionist and Dietician at the CISSS de l'Abitibi-Témiscamingue; she graduated here in Sciences in 2015.*

	PANTRY	REFRIGERATOR	FREEZER
FRUITS AND VEGETABLES	Stewed fruit • Cans of diced tomatoes, tomato sauce and tomato paste • Canned fruit Dried fruit • Vegetable juice Vegetables that are unsalted and canned in water Onions • Olives • Sweet potatoes • Potatoes Dried tomatoes	Garlic • Lemons, limes or their juice • Fresh fruits and vegetables Pickled vegetables (examples: pickles, beets)	Avocados • Ripe, peeled bananas • Spinach Corn • Mixed vegetables • Berries • Peas
GRAIN AND CEREAL PRODUCTS	Bulgur • Breakfast cereal • Couscous • Flour Oatmeal • Millet • Barley • Bread, pitas and bagels (freeze for longer preservation) Pasta • Quinoa • Buckwheat	Leftover grain and cereal products (pasta, rice, couscous...)	Whole-wheat pizza crust Homemade muffins, cookies and granola bars Whole-wheat breads, bagels, pitas and English muffins • Cooked rice • Wheat germ and bran
MILK AND SUBSTITUTES	UHT milk Tetra Paks Unrefrigerated soy beverage Individual soy beverage Powdered skim milk or soy milk Belsoy® creamy soy preparation for cooking	Soy beverage • Cheese Kefir • Milk • Parmesan Greek yogurt • Yogurt	
MEAT AND SUBSTITUTES	Peanut or nut butters • Dried or canned beans Nuts and seeds (freeze to preserve them longer) • Canned fish (tuna, salmon, sardines) Textured vegetable protein (TVP) Mori-Nu type tofu	Pasteurized egg whites Fresh eggs (or already hard-boiled eggs) Fish • Tofu Meats and poultry	Edamame beans • Seafood • Ground flax seed Nuts and seeds • Fish • Tempeh Meats and poultry
OTHER PRODUCTS	Stock • Cacao • Dried spices and herbs Cornstarch • Vegetable oil (olive, canola, sunflower...) • Honey, maple syrup and molasses • Baking powder/baking soda Hot sauce (sriracha or Tabasco®) Soy sauce • Sugar and brown sugar • Vinegars	Condiments Minced gingerroot Salted herbs • Hummus Margarine Dijon mustard Pesto • Salsa	Peeled ginger