

SNAP Express Sampler Shopping List:

Grains

- 1 Brown Rice, 16 Ounce (oz)
- 1 Buns, Whole Wheat, 8 Count
- 1 Tortillas 8-inch, Whole Wheat, 10 Count

Protein

- 1 Kidney Beans, Dark Red, 15 Ounce (oz)
- 2 Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Eggs, 1 Dozen

Dairy

- 1 Cheddar Cheese (Shredded), Reduced Fat , 8 Ounce (oz)

Fruits

- 1 Apples (gala), Whole, 3 Pound(s)
- 3Lime, Whole, 1 Count

Other

- 1 Peanut Butter, Creamy, 16 Ounce (oz)

Vegetables

- 1 Corn, Low Sodium, 15.25 Ounce (oz)
- 1 Tomatoes, Crushed, 28 Ounce (oz)
- 1 Onion (Large Yellow), Whole, 1 Count
- 1 Scallions, 1 Bunch
- 1 Cilantro, 1 Bunch
- 1 Fresh Garlic (1 Bulb)
- 1 Bell Pepper, Red, 1 Count
- 1 Spinach, Whole, 16 Ounce (oz)
- 1 Onion (Red), Whole, 1 Count
- 1 Green Chilies, Diced, Mild, Canned, 4 Ounce (oz)

