

# Dollar Store Round-Up

Dollar stores can provide a great variety of nutrient dense foods at a lower cost than grocery stores. Some items available are listed below. Please note, items and availability will vary by store.

Other items that can be found at the dollar store:

- Cooking oils
- Oatmeal
- Spices
- Baking mixes
- Cereal
- Protein bars
- Protein drinks



## Ready to eat tuna packs

Difficulty: **Easy**

Tear off the top of the pack and enjoy! Add to pasta salad or a piece of whole grain bread.



## Dried Beans

Difficulty: **Medium**

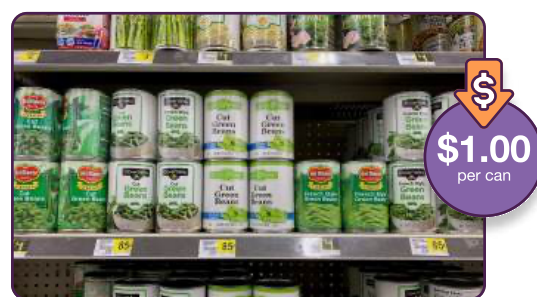
Cook 1 cup dried beans in 2-3 cups water on the stovetop or in a crockpot.



## Frozen Vegetables

Difficulty: **Easy**

Pop in the microwave to steam.



## Canned Goods

Difficulty: **Easy**

Ready to eat cans of soup, beans, fruit, vegetables, and tuna.



## Pasta and Sauce

Difficulty: **Medium**

A wide variety of ways to make a filling meal with minimal cooking.



## Condiments and Spices

Difficulty: **Easy**

Add flavor and variety without adding cost.