



EAT!

ANYTIME DRAWER LIST

Refrigerator

- Apples or applesauce
- Avocado
- Beans
- Berries (blueberries, raspberries, strawberries)
- Broccoli
- Cauliflower
- Carrots
- Celery
- Cucumber
- Cheese sticks
- Cottage cheese
- Edamame
- Grapes
- Guacamole
- Hardboiled eggs
- Hummus
- Jicama
- Melon (cantaloupe, honeydew, watermelon)
- Olives
- Peppers
- Tomatoes
- Salsa
- Salad dressing or dips to accompany a vegetable
- Yogurt (look for limited added sugar)

Pantry

- Almonds
- Applesauce
- Bananas
- Cashews
- Coconut
- Dried fruit
- Figs
- Fruit cups in 100% juice
- Kale chips
- Oranges (or cuties)
- Peanuts
- Pecans
- Pepitas or pumpkin seeds
- Pistachios
- Raisins
- Nut butters (peanut, almond, sunflower)
- Seaweed
- Sunflower seeds
- Walnuts