

VEGETABLES	
FRUITS	
PROTIENS	
GRAINS	
PANTRY ITEMS	
DAIRY	OTHER

## TIPS FOR SUCCESS

- 1. Stick to the perimeter
- 2. Shop from your list
- 3. Don't shop on an empty stomach
- 4. Use Store Apps to save money

## **YOU GOT THIS COMADRE!**

INO MORE CHICHOS!