## Cooking Essentials

# Game Plan: Grocery List

# Ingredients for Life

Be sure to check your local grocery store sale ads. What dishes could you customize in order to use ingredients that are on sale? Don't forget about breakfast and snacks.

## Fruits, Vegetables

Center Aisles
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Dairy, Eggs

## Meat, Protein

#### Other

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N.C. Cooperative Extension is an equal opportunity provider. NC State University is an equal opportunity institution. A collaboration between Department of Agricultural and Human Sciences, Department of Food, Bioprocessing and Nutrition Sciences, and Dining.

#### Frozen

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