PEI Healthy Eating Alliance

Grocery Shopping List



Choose a balanced diet by eating a variety of foods from Canada's Food Guide to Healthy Eating

Meats and Alternatives		Milk Products
	_	
	_	
-	_	_
-	_	
_	_	
	_	
		
	_	
Fruits and Veggies		Beverages
	-	
	_	
	_	
	-	
	_	
Breads and Cereals		Frozen Foods
Di dada di la col cala		110201110000
	_	
	_	
	_	
	_	
	-	
	_	
	_	
	Other	•
	_	
	_	
	_	
	_	
	-	
	- -	

PEI Healthy Eating Alliance

Dedicated to improving the eating habits of school-aged children in Prince Edward Island

PEI Healthy Eating Alliance

Grocery Shopping List



Choose a balanced diet by eating a variety of foods from Canada's Food Guide to Healthy Eating

Meats and Alternatives	Milk Products
	<u> </u>
Fruits and Veggies	Beverages
	<u> </u>
	<u> </u>
Breads and Cereals	Frozen Foods
	Other

PEI Healthy Eating Alliance

Dedicated to improving the eating habits of school-aged children in Prince Edward Island