



Healthier Choices in the Country Store

Fruit

- Fresh bananas, apples, oranges \$0.55
- Minute Maid fruit juice \$1.09
- Fresh juice– carrot, OJ, apple, pear \$2.50
- Canned fruit – peaches, pineapple, cocktail \$1.09
- Mandarin oranges, peaches, tropical fruit – light syrup \$1.79
- Raisins \$0.45
- Craisins \$3.00
- Dried Fruit– Orchard Mix \$3.00

Vegetables

- Baby carrots large bag \$1.75, small \$0.30
- Canned vegetables – mixed veggies, peas, corn \$1.65
- Lettuce mix \$3.50
- Grab-and-go salads \$2.50
- V8 juice \$1.69
- Marinara sauce \$2.59
- Campbell’s tomato soup \$2.39
- Hot soup – garden vegetable \$2.50
- Fresh Salsa \$3.99

Dairy

- Low-fat cottage cheese \$2.75
- Low-fat or non-fat milk \$1.80
- Low-fat yogurt \$0.95
- Soy milk \$2.29
- String cheese \$0.69

Protein

- Peanut butter \$3.99
- Nuts & trail mix – assorted varieties \$1.99
- Almonds \$1.09
- Tuna \$1.29
- Sandwich meat – chicken \$1.29

Grains

- Whole-wheat bread \$3.25
- Cereal– Grapenuts, raisin bran, Toasty O’s, Hearty Start \$1.50
- Instant oatmeal \$1.89
- Triscuit crackers \$3.69
- Pre-popped popcorn \$2.75
- Pasta \$2.09

Frozen foods

- Uncle Ben’s rice bowls \$4.75
- Amy’s organic meals \$2.50 - \$3.99

Snacks

- Pretzels \$0.75
- Natural Tostitos Corn Chips \$3.49
- Baked & reduced-fat chips \$0.75
- Fig Newtons \$0.69
- Rice cakes \$2.79
- Whole fruit bar (frozen) \$0.99
- Sun Chips \$3.49
- Nature Valley granola bars \$0.79

Drinks

- Water & juice \$1.00 & up
- Coffee \$0.65
- Hot tea \$0.40