
Dollar Store Shopping Guide

Where to begin?

Every dollar store has a weekly ad that you can find in stores and online to find deals on food items. Make a list of items you would like to buy beforehand and avoid buying anything that is not on your list.

Breakfast items

Grain	Protein	Bread/ Carbohydrates
Whole Grain Cereal	Eggs	Biscuit dough
Raisin Bran	Gallon of milk or almond milk	Bagels
Oatmeal	Baked ham	Frozen biscuits
Shredded Wheat	Turkey bacon	Whole wheat bread
	Greek yogurt or regular yogurt	
	Low-fat Cheese	
	Peanut butter	

Lunch and Dinner

Protein	Bread items	Vegetables	Fruit
Deli (sandwich) meats	Whole wheat bread	Frozen vegetables	Canned fruits in light syrup
Frozen meats	Dinner rolls	Canned vegetables	Frozen fruit
Canned meats	Rice	Fresh carrots	Fresh bananas
Sausages, refrigerated	Pasta	Fresh broccoli	
Beans, canned		Raw potatoes	
Healthy frozen meals		Salad making kits	
		Fresh lettuce	

*available items vary in each location