

Smart Grocery List for Independent Seniors

Instructions:

Use this checklist before each shopping trip. Buying in smaller portions, keeping a mix of fresh and frozen, and restocking the basics regularly helps reduce waste and stress.

Produce:

- ☐ Leafy greens (spinach, kale)
- ☐ Tomatoes, carrots, peppers
- ☐ Apples, oranges, bananas
- ☐ Onions, garlic, potatoes

Protein & Dairy:

- ☐ Chicken, fish, or lean beef
- ☐ Eggs or egg substitutes
- ☐ Yogurt or milk (fortified)
- ☐ Tofu, beans, lentils

Pantry Staples:

- ☐ Brown rice, oats, quinoa
- ☐ Canned beans or tuna
- ☐ Olive oil, vinegar, herbs
- ☐ Whole-grain bread or pasta

Frozen & Convenience:

- ☐ Mixed vegetables
- ☐ Berries or chopped fruit
- ☐ Frozen fish fillets
- ☐ Pre-cooked grains or soups

Shopping Tip: Frozen fruits and vegetables are just as nutritious as fresh — and often easier to portion when cooking for one.