



Shopping List Included!

WELL-BEING & HEALTH Promotion

# GROCERY GUIDE

A FEW OF OUR FAVORITE & AFFORDABLE TRADER JOE'S PRODUCTS, NUTRITION INFO AND RECIPES!



# Content Navigator

- Introduction.....3
- Seasonal Produce.....4-5
  - Fall Seasonal Produce.....4
  - Winter Seasonal Produce.....5
- Seasonal Produce Products.....6-11
  - Why Seasonal Produce.....6
  - Favorite Seasonal Produce from Trader Joe's.....7-11
- Trader Joe's Featured Items.....12-37
  - Toppings.....12-16
  - Breakfast.....17-20
  - Snacks.....21-23
  - Lunch.....24-27
  - Dinner.....28-30
  - Drinks.....31-34
  - Fun Foods.....35-36
- Trader Joe's Grocery List.....37
- WB&HP Resources.....38

# *Trader Joe's Featured Items*

## **Tired of buying the same products?**

It's easy to get in the habit of buying the same grocery items over and over again-- especially when we're on a budget. Let us show you that food purchasing doesn't have to get redundant! Check out below for some of our favorite and affordable seasonal products and Trader Joe's foods!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

**WELL-BEING&  
HEALTH**Promotion

# San Diego's Fall

## Produce

### September

- Apples
- Avocados
- Basil
- Green Beans
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Figs
- Grapes
- Grapefruit
- Guava
- Fresh Herbs
- Lemons
- Limes
- Melons
- Onions
- Peaches
- Pears
- Peppers
- Plums
- Potatoes
- Raspberries
- Scallions
- Summer Squash
- Strawberries
- Sweet Corn
- Sweet Potatoes
- Tangelos
- Tomatoes
- Valencia Oranges

### October

- Apples
- Avocados
- Basil
- Green Beans
- Beets
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Eggplant
- Figs
- Grapes
- Guava
- Fresh Herbs
- Kiwi
- Lemons
- Limes
- Lettuce
- Melons
- Onions
- Pears
- Peppers
- Potatoes
- Pumpkin
- Radishes
- Scallions
- Spinach
- Summer Squash
- Strawberries
- Sweet Corn
- Sweet Potatoes
- Tangelos
- Tomatoes

### November

- Apples
- Avocados
- Basil
- Green Beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Cucumbers
- Grapes
- Guava
- Fresh Herbs
- Kiwi
- Lemons
- Limes
- Lettuce
- Macadamia Nuts
- Melons
- Navel Oranges
- Peppers
- Persimmons
- Pumpkins
- Radishes
- Spinach
- Summer Squash
- Winter Squash
- Sweet Potatoes
- Tangelos
- Tangerines
- Tomatoes

# San Diego's Winter Produce

## December

- Apples
- Basil
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Guavas
- Fresh Herbs
- Kiwi
- Lemons
- Limes
- Lettuce
- Macadamia Nuts
- Navel Oranges
- Peppers
- Persimmons
- Potatoes
- Radishes
- Spinach
- Winter Squash
- Tangelos
- Tangerines
- Tomatoes

## January

- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Grapefruit
- Guavas
- Fresh Herbs
- Red Kale
- Kiwi
- Kumquats
- Lemons
- Limes
- Lettuce
- Macadamia Nuts
- Navel Oranges
- Peas
- Potatoes
- Radishes
- Snap Peas
- Spinach
- Winter Squash
- Tangelos
- Tangerines
- White Turnips

## February

- Artichokes
- Asparagus
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chard
- Grapefruit
- Guavas
- Fresh Herbs
- Red Kale
- Kiwi
- Kumquats
- Lemons
- Limes
- Lettuce
- Navel Oranges
- Peas
- Potatoes
- Radishes
- Snap Peas
- Spinach
- Winter Squash
- Strawberries
- Tangelos
- Tangerines
- White Turnips

# *Why Eat Seasonal Produce?*

## **Increased Affordability**

Buying seasonal produce when its most available means its economic "demand" is lower (aka CHEAPER for you!)

## **Decreases Your Global Footprint**

The less amount of miles your food travels means the less CO<sub>2</sub> emitted into the atmosphere from its transport (aka take THAT climate change!)

## **Higher Nutritional Content**

Studies show that eating produce closer to harvesting can increase its nutritional content (aka the produce is higher in vitamins and minerals than when eaten in the off seasons!)

## **Fresh Produce Tastes Better**

The less amount of time it takes to get from the farm and into your belly = The fresher the produce (aka YUMMY!)

# Apples



## Price

- \$2.99 at 2 lbs per container
- \$0.09/ounce

## Why We Love It

- In season September-December!
- Loads of fiber, Vitamin C, and Potassium!
- Contains over 5 different antioxidants!
- Great as a quick carbohydrate source to improve energy levels



## Try it Out!

- [Easy Apple Crisp in a Mug](#)

# Spinach



## Price

- \$2.29 at 4 servings per container
- \$0.57/serving

## Why We Love It

- In season October-February!
- Awesome source of Vitamin K which is great for bone health!
- Pair with Vitamin C to increase Iron absorption
- Add as an ingredient to almost any savory dish!

## Try it Out!

- [Spinach Parmesan Pasta](#)





# Carrots



## Price

- \$0.79 at ~10 carrots per container (1 lb bag)
- \$~0.08/large carrot

## Why We Love It

- In season September-February!
- Contains lots of fiber, Vitamin A, and Vitamin C!
- Helps boost immune system functioning
- Add to smoothies, wraps or to dip with hummus!

## Try it Out!

- [Honey Garlic Roasted Carrots](#)

# Tomatoes



## Price

- \$2.49 for a 1 lb container!
- \$0.15/ounce

## Why We Love It

- In season September-December!
- Contains lots of Vitamin C, Potassium and Folate!
- High in lycopene, which is linked to improving heart health
- Provides quick sweet snack!

## Try it Out!

- [Bruschetta Pasta Salad](#)

# Potatoes



## Price

- \$1.69 at ~8 potatoes per 3lbs bag
- \$0.21 / 1 large potato

## Why We Love It

- In season September-October & December-February!
- Contains lots of Vitamin B6 which is essential for brain health!
- Helps with digestion due to fiber content
- Store in a cool dry place!



## Try it Out!

- [50 Stuffed Baked Potato Recipes](#)

# *Trader Joe's Featured Toppers*

**Need a little somethin' somethin' to zest up your meals?**

Don't worry, we got you! Try any of these three quick and tasty TJ's topping items as a great addition to any entree or snack!

**Have a little extra time?**

Click the "Try it Out" link to make an easy new recipe!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

## *Creamy Salted Peanut Butter*



### **Price**

- \$3.49 at 14 servings per container
- \$1.08/serving

### **Why We Love It**

- Kosher
- Easy Storage, Long Shelf-Life,
- Refrigerate after opening!
- Simple ingredients (only peanuts and salt!)
- Great source of Vitamin E and Antioxidants

### **Try it Out!**

- [Peanut Butter Banana Spinach Smoothie](#)



# *Tomato Basil Marinara Sauce*



## **Price**

- \$1.79 at 6 servings per container
- \$0.30/serving

## **Why We Love It**

- Kosher
- Easy Storage, Long Shelf-Life
- Only 1 gram of added sugar!
- Tomatoes are an awesome source of Antioxidants!



## **Try it Out!**

- Hot and Smoky Rigatoni Bake

# *Salsa Verde*



## Price

- \$1.99 at servings per container
- \$0./serving

## Why We Love It

- Vegetarian, non-dairy
- Made with fresh tomatillos and jalapenos!
- Perfect for those who prefer mild salsas!
- Use as a dip, or in place of enchilada sauce



## Try it Out!

- Salsa Verde Chicken Enchiladas

# *Hummus*



## Price

- \$1.99 at 7 servings per container
- \$0.28/serving

## Why We Love It

- Vegan, Kosher
- Awesome source of fiber and plant based protein!
- Keep Refrigerated!
- Dip with seasonal veggies or spread on sandwiches!



## Try it Out!

- [Hummus Quesadillas](#)



# *Trader Joe's Featured Breakfasts*

## **Need a tasty way to start the day?**

Don't worry, we got you! Try any of these three quick and tasty TJ's breakfast items for when you're hungry and short on time!

## **Have a little extra time?**

Click the "Try it Out" link to make an easy new recipe!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

# Apples & Cinnamon Oatmeal

## Price

- \$2.49 at 10 servings per container
- \$0.25/serving

## Why We Love It

- Kosher
- Awesome source of fiber!
- Pre-Packaged servings, easily stored and long shelf life!
- Great for Fall or Winter mornings, or as a quick microwavable snack!

## Try it Out!

- Apple Cinnamon Instant Oatmeal Cookies



# Greek Yogurt



## Price

- \$2.49 at 2.5 servings per container
- \$1.00/serving

## Why We Love It

- Calcium rich!
- Awesome source of vegetarian protein, probiotics, and healthy fats!
- Keep refrigerated
- Try as a substitute for butter or sour cream!

## Try it Out!

- [12 Healthy Greek Yogurt Breakfast Recipes](#)





# Eggs

## Price

- \$2.19 at 12 servings per container
- \$0.18/serving

## Why We Love It

- Ovo-Vegetarian
- Awesome source of mono- and polyunsaturated fats!
- Lots of Vitamin D and Protein!
- Keep refrigerated!



## Try it Out!

- Egg In a Hole  
Breakfast Sandwich

# *Trader Joe's Featured Snacks!*

## **Getting Hungry in between meals?**

Don't worry, we got you! Try any of these three quick and tasty TJ's snacks items for when you need a snack break!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY



# Nut & Berry Mix



## Price

- \$4.99 at 11 servings per container
- \$0.45/serving

## Why We Love It

- Kosher
- Awesome source of healthy protein, fats and sugar for lasting energy!
- Long Shelf-Life, Easy Storage
- Great mix of sweet and salty flavors.
- Try out as an on the go snack!



### Nutrition Facts

about 11 servings per container  
Serving size 1/4 cup (30g)

Amount per serving **140**  
**Calories**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 3.5g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.8mg	4%
Potassium 140mg	2%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Almonds, Dried Cranberries (Cranberries, Sugar, Sunflower Oil), Raisins (Raisins, Sugar, Sunflower Oil), Cashews, Dried Blueberries (Blueberries, Sugar, Sunflower Oil), Walnuts, Dried Raspberries (Raspberries, Sugar, Sunflower Oil, Citric Acid (To Preserve), Calcium Chloride).

CONTAINS ALMOND, CASHEW, WALNUT. MAY CONTAIN TRACES OF MILK, SOY, WHEAT, PEANUT, OTHER TREE NUTS.

0066 65 10

# *Trader Joe's Featured Lunches*

## **Need a hearty lunch to keep you fueled?**

Don't worry, we got you! Try any of these three quick and tasty TJ's lunch items for when you need your energy at an all time high! (PS these items work great for dinners too!)

## **Have a little extra time?**

Click the "Try it Out" link to make an easy new recipe!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY



## *Solid White Albacore Tuna*



### **Price**

- \$1.49 at 1 servings per container
- \$0.37/ounce drained

### **Why We Love It**

- Kosher, Dolphin Safe!
- Awesome source of protein!
- Simple ingredients (Only tuna, water and salt!)
- Canned, Easy Storage
- Great in sandwiches or to add in pastas!



### **Try it Out!**

- Tuna Melt
- Quesadilla

# Spaghetti



## Price

- \$0.99 at 8 servings per container
- \$0.12 /serving

## Why We Love It

- Kosher
- Awesome source of quick digesting carbohydrates!
- Long Shelf-Life, Easy Storage
- Great for meal prepping for when you have a busy week ahead!



## Try it Out!

- [Green Goddess Pasta Salad](#)

# *Butternut Squash Soup*



## **Price**

- \$2.99 at 4 servings per container
- \$0.75 /serving

## **Why We Love It**

- Non-Dairy, Vegetarian, Gluten-Free
- Long Shelf-Life, Easy Storage, Microwavable
- Awesome source of Vitamin A which is great for hair and skin!
- Try adding Greek yogurt on top in place of sour cream for probiotics!

## **Try it Out!**

- [Savory Butternut Squash Soup](#)



# *Trader Joe's Featured Dinners*

## **Need an easy home-cooked meal?**

Don't worry, we got you! Try any of these quick and tasty TJ's dinner items to satisfy your hunger after a long day of studying!

## **Have a little extra time?**

Click the "Try it Out" link to make an easy new recipe!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

# Chile Lime Turkey Burgers



## Price

- \$3.69 at 4 servings per container
- \$0.92/serving

## Why We Love It

- Non-Dairy
- Awesome source protein!
- Pre-Cooked, Freezer Friendly
- Great with a side of homemade baked french fries!



## Try it Out!

- Crunchy Chicken Sandwich

# *Meatless Meatballs*



## Price

- \$3.99 at 5 servings per container
- \$0.78/serving

## Why We Love It

- Vegan
- Awesome source of plant based protein
- Precooked and microwavable
- Great in for snacking or add to any entree!

## Try it Out!

- Meatless Meatball  
BBQ Subs



# *Trader Joe's Featured Drinks*

## **Feeling thirsty yet?**

Don't worry, we got you! Try any of these three quick and tasty TJ's drink items to rehydrate!

## **Have a little extra time?**

Click the "Try it Out" link to make an easy new recipe!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

# Almond Milk



## Price

- \$1.79 at 4 servings per container
- \$0.45/serving

## Why We Love It

- Vegan, Gluten-Free, Kosher
- Awesome source of Vitamin D & E!
- Long Shelf-Life, Easy Storage
- Available in Vanilla, Unflavored, Sweetened and Unsweetened

## Try it Out!

- Almond Milk Ice Cream





# Assorted Teas



## Price

- \$2.49 at 20 tea bags per container
- \$0.12/serving

## Why We Love It

- Vegetarian, Non-Dairy, Kosher
- Teas contain antimicrobial properties and simulates mental alertness!
- Long Shelf-Life, Easy Storage
- Available in many Caffeinated or herbal flavors

## Try it Out!

- Chai Tea Latte



# Sparkling Water



## Price

- \$0.99 at 1 servings per 10 ounce bottle!
- \$0.01/ ounce!

## Why We Love It

- Vegetarian, Non-Dairy, Gluten Free,
- Great way to add a natural occurring source of minerals to your diet!
- Long Shelf-Life, Easy Storage
- Available in many flavors!
- Try out adding different fruit or fresh herbs to make it your own!



# *Trader Joe's Featured Fun Food!*

**Hmmm, feel like you're missing something?**

Don't worry, we got you! Try this quick and tasty TJ's fun food to satisfy your sweet tooth!

**Happy Shopping, Aztecs!**



SAN DIEGO STATE  
UNIVERSITY

# Chocolate Covered Bananas



## Price

- \$1.99 at 5 servings per container
- \$0.40/serving

## Why We Love It

- Vegetarian
- High Potassium and Vitamin B found in bananas are great to improve nerve functioning
- Only 3 ingredients!
- Easy Storage, Freezer Friendly!
- Great for sweet snack in-between meals or after dinner!



# My Trader Joe's Grocery List

## Drinks

- Milk/ Almond Milk (\$1.79)
- Tea (\$2.49)
- Sparkling Water (\$0.99)

## Snacks

- Peanut Butter Pretzel (\$2.49)
- Salsa Verde (\$1.99)
- Hummus (\$1.99)

## Meat

- Eggs (\$2.19)

## Fun Food

- Chocolate Covered Bananas (\$1.99)

## Carbohydrates

- Oatmeal (\$2.49)
- Dried Pasta (\$0.99)

## Dairy

- Yogurt (\$2.49)

## Fruits &

## Veggies

- Apples (\$2.99)
- Tomatoes (\$2.49)
- Carrots (\$0.79)
- Spinach (\$2.29)
- Potatoes (\$1.69)

## Frozen

- Meatless Meatballs (\$3.99)
- Frozen Turkey Burgers (\$3.69)

## Canned

## Goods

- Peanut Butter (\$3.49)
- Trail Mix (\$4.99)

- Marinara Sauce (\$1.79)
- Tuna (\$1.49)
- Soup (\$2.99)

**EBT Approved!**



# *Well-Being and Health Promotion Resources*

## **Have questions about our resources?**

SDSU's Well-being and Health Promotion Office offers:

- One-on-one nutrition education
- Healthy eating workshops
- Economic Crisis Response Team assistance
  - Food Pantry Services
  - Food, Housing, and Financial Resources
  - Fee Relief Grants
- And More!

## **Want more information or to schedule an appointment with a Health Educator?**

Visit our websites at:

<https://sacd.sdsu.edu/health-promotion>

<https://sacd.sdsu.edu/ecrt>



SAN DIEGO STATE  
UNIVERSITY

**WELL-BEING&  
HEALTH**Promotion