

COLLEGE STUDENTS' *guide to the* GROCERY STORE

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University Health Center
Student Affairs
UNIVERSITY OF GEORGIA

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TABLE OF CONTENTS

Introduction3

Building a Healthy Plate with MyPlate 4

Healthy Picks when Grocery Shopping5

Fruits5

Vegetables 5,6,7

Grains..... 8

Protein 9

Plant-Based Protein 11

Dairy.....12

Budgeting Tips.....13

Reducing Food Waste Tips14

Appendix I.....15
Meal Prep Tips & Guidelines

Appendix II18
Grocery List Template

Appendix III.....19
Meal Planning Schedule

Appendix IV21
How to Read a Food Label

Appendix V..... 22
Nutrient Guide

Appendix VI 24
Ingredient Staples

Grocery stores near UGA..... 25

Food Pantries at UGA..... 26

References 27

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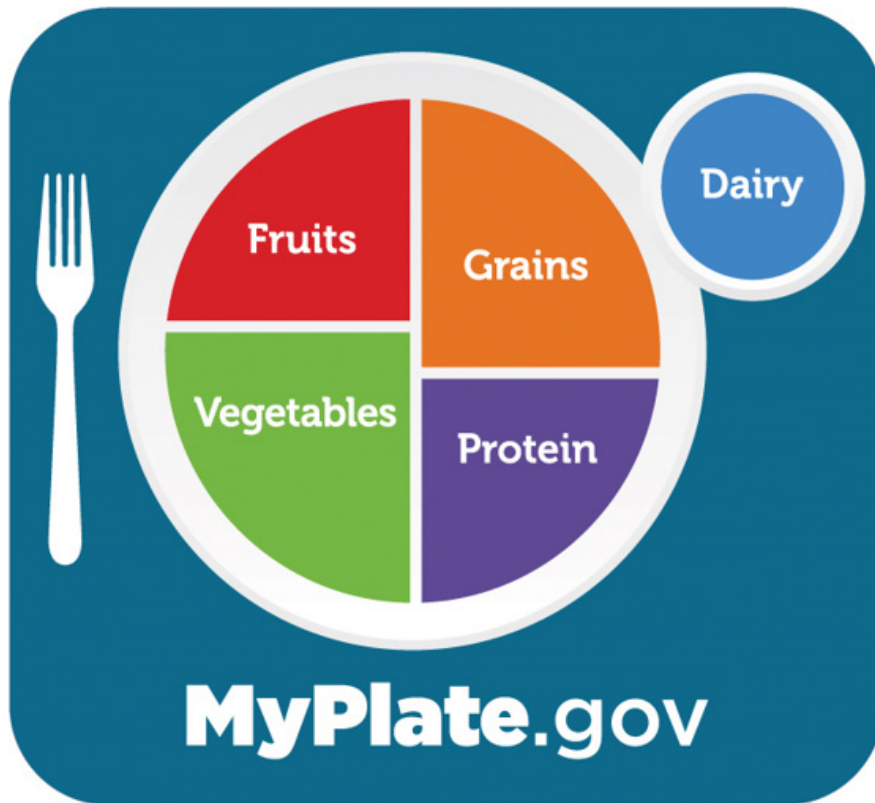
Navigating the grocery store can feel overwhelming, especially for college students. Handling busy schedules, tight budgets, and new responsibilities can make choosing healthy food items challenging or confusing. This guide aims to assist you in making informed decisions, whether you're cooking for the first time or seeking to enhance your grocery shopping skills.

In this guide, you will discover how to read nutrition labels, navigate the aisles, and understand what to consider when selecting food items. There are also practical budgeting tips to help you maximize your wallet while maintaining a balanced diet. Furthermore, you'll find additional tips to enhance your grocery shopping experience and make it more enjoyable.

With the proper knowledge and tools, grocery shopping can become an empowering and enjoyable part of your routine. Our objective is to provide you with the skills to make healthier and more cost-effective choices, allowing you to focus on what matters—studying, staying healthy, and enjoying your college experience.



BUILDING A HEALTHY PLATE WITH MyPlate



MyPlate was created by the U.S. Department of Agriculture to help promote healthier eating habits. It is based on the Dietary Guidelines for Americans.

MyPlate is a visual reminder to choose a variety of foods throughout the day and week. It is adaptable to individual needs, taste preferences, and cultural/religious traditions.

Here are some of the key recommendations with each food group:

- **Fruits and vegetables:** make half your plate fruits and vegetables. Focus on whole fruits and vary your veggies
- **Grains:** make half your grains whole grains
- **Protein:** vary your protein routine
- **Dairy and Fortified Soy alternatives:** move to low-/fat-free milk or fortified soy milk products

HEALTHY PICKS WHEN GROCERY SHOPPING

FRUITS

MyPlate Recommendations:

Aim to consume 1.5–2.5 cups of fruits daily, emphasizing variety, as they provide essential vitamins, minerals, and fiber crucial for overall health.

Benefits of Fruits: Fruits contain a lot of essential vitamins, minerals, and fiber that can reduce the risk of heart disease, maintain healthy blood pressure and cholesterol levels. They are also helpful with gut healthy and immunity.

Common Locations in Grocery Stores:

Produce Section: You can typically find fresh fruits around the perimeter of the store. Look for seasonal options, as they are often more affordable and fresher.

Frozen Section: Look for frozen fruits in the freezer aisle, such as berries and tropical fruit blends.

Pantry Staples: For convenience and longer shelf life, consider frozen or canned fruits. Avoid options that are packaged in heavy or light syrup, as they are higher in added sugars. Pick frozen fruits that do not contain these syrups, and canned fruits that are packed in either 100% juice or water.



VEGETABLES

MyPlate Recommendations:

Aim to get 2–4 cups of vegetables daily. They are a source of essential nutrients and should be included in every meal. The Dietary Guidelines for Americans has 5 vegetable sub-categories:

Dark green Vegetables:

- Examples: spinach, kale, collard greens, broccoli
- Key Nutrients: vitamin A, vitamin K, iron, and calcium

Red and Orange Vegetables:

- Examples: carrots, sweet potatoes, red peppers, butternut squash, tomatoes
- Key Nutrients: Vitamin A, Vitamin C

Beans, Peas, and Lentils:

- Examples: black beans, chickpeas, lentils, and peas
- Key Nutrients: fiber, protein, iron



Starchy Vegetables:

- Examples: potatoes, corn, and green peas
- Key Nutrients: carbohydrates, fiber

Other Vegetables:

- This is the “catch all” vegetables; if something does not fit in one of other 4 categories, it falls in the “other” group
- Examples: Onions, cucumbers, green bell pepper, mushrooms, avocados
- Key Nutrients: varies by vegetable; can include vitamin C, vitamin K, and various minerals

Common Locations in Grocery Stores:

Fresh Vegetables:

Primarily in the produce section, organized by type. Look for various leafy greens, root vegetables, and others in refrigerated sections or on open racks.

Frozen Vegetables:

Located in the freezer aisle, it is convenient for out-of-season vegetables while retaining most of their nutritional value. These are great for baked dishes, soups, and smoothies.

Canned Vegetables:

Available in the canned goods section; opt for low-sodium or no-added-salt options to manage sodium intake.

Beans, peas, and lentils:

Available in canned and dry versions. The dried version is usually cheaper and flavor profile can be customized, but usually requires them to be soaked and then cooked, which can be time intensive.



Watermelon Mint Feta Salad

INGREDIENTS:

- 6–8 cups cubed watermelon
- 6–8 oz crumbled feta
- 1 English cucumber, diced
- 1/2 red onion, sliced (soak in cold water for 10 minutes or use pickled red onions)
- 1/2 cup mint leaves, roughly chopped
- 1/4 cup basil leaves, roughly chopped (optional)
- Balsamic glaze (drizzled on top, optional)
- 2–3 tablespoons honey
- 2–3 tablespoons extra virgin olive oil
- Juice of one lemon
- Juice of one lime

STEPS:

1. In a small bowl, combine honey, olive oil, lemon juice, and lime juice until fully combined. Set aside.
2. In a large serving bowl, combine watermelon, cucumber, herbs, red onions, and feta.
3. Pour the dressing over the watermelon mixture and gently toss. Drizzle balsamic glaze over the top and serve.



15 minutes



8 people

SEASONAL PRODUCE CHART



Check out the Produce section for a wide variety of fresh fruits and vegetables. Whether you're looking for crisp apples, juicy berries, or vibrant leafy greens, you'll find a colorful array of options to suit your needs. Also keep in mind, veggies in season typically have more nutrients available, so shop seasonally!

SPRING:

(March, April, May)

- Asparagus
- Avocado
- Banana
- Bok Choy
- Carrots
- Cauliflower
- Celery
- Kale
- Lemons
- Limes
- Mushrooms
- Onions
- Pineapple
- Radishes
- Romaine Lettuce
- Spinach
- Strawberry
- Turnips

SUMMER:

(June, July, August)

- Avocado
- Banana
- Blackberries
- Blueberries
- Cantaloupe
- Honeydew
- Watermelon
- Carrots
- Corn
- Cucumber
- Eggplant
- Green Beans
- Green Bell Peppers
- Lemons
- Limes
- Mango
- Mushrooms
- Okra
- Onions
- Orange Bell Peppers
- Peaches
- Raspberries
- Red Bell Peppers
- Strawberry
- Tomatoes
- Zucchini

FALL:

(September, October, November)

- Apple
- Avocado
- Banana
- Beets
- Bok Choy
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cranberries
- Eggplant
- Grapes
- Green Bell Peppers
- Kale
- Lemons
- Mango
- Mushrooms
- Onions
- Orange Bell Peppers
- Parsnips
- Pear
- Pineapple
- Potatoes
- Pumpkin
- Radishes
- Raspberries
- Red Bell Peppers
- Romaine Lettuce
- Spinach
- Turnips

WINTER:

(December, January, February)

- Apple
- Avocado
- Banana
- Beets
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Kale
- Lemons
- Mushrooms
- Onions
- Oranges
- Parsnips
- Pineapple
- Potatoes
- Pumpkin

GRAINS

MyPlate Recommendations:

Grains are a main source of carbohydrates, which help fuel our brain and body. They can also provide a variety of vitamins and minerals, (including B-vitamins, iron, and selenium), and fiber. MyPlate encourages 6 – 8-ounce equivalents of grains a day, with half of your grains being whole grains a variety of grains.

Whole Grains:

Whole grains contain all parts of the grain kernel: the bran, germ, and endosperm.

Examples include:

- Brown and wild rice
- Barley (not pearled)
- Quinoa
- Oats
- Whole wheat bread, pasta, and tortillas



Refined Grains:

Refined grains have been processed to remove the bran and germ, leaving mostly the starchy endosperm. This processing strips away fiber, vitamins, and minerals. Examples include white rice, grits, couscous, ramen noodles, and breads and pastas made with refined flour.

Sometimes refined grains may be “enriched,” which is when most vitamins and minerals are added back into the food; however, fiber is usually not added back.

Benefits of Whole Grains:

Fiber: Fiber helps support healthy digestive system. It can also help reduce the lower low-density lipoprotein (LDL or “bad”) cholesterol and help maintain blood sugars. High-fiber foods tend to be more satiating, meaning you will feel fuller longer.

Vitamins: Whole grains provide a variety of B vitamins, which are essential for energy production and overall health.

Minerals: Whole grains are rich in magnesium, iron, and selenium, which support various bodily functions.

Common Locations in Grocery Stores:

Refined grains and whole grains can be found throughout the grocery section – from the bread aisle, international section, and even the freezer. Opt for whole grains whenever possible to maximize health benefits. Look for labels that list whole grains in their ingredient label.

PROTEINS

Proteins are crucial in building and repairing tissues, producing hormones, and maintaining overall health. MyPlate encourages the consumption of various protein sources, including red meats, poultry, eggs, fish, and plant-based proteins. Individuals should aim to consume 5–7 oz of protein a day.

Red Meat:

Red meat is rich in protein and iron and is an essential nutrient source. However, it should be consumed in moderation as it tends to be higher in saturated fat content. Prime examples include:

Beef: Provides protein, iron, zinc, and vitamin B12, which support energy levels and immune function. Choose lean cuts like sirloin or tenderloin as advisable choices.

Pork: Offers protein, thiamine (Vitamin B1), and zinc, which are crucial for energy metabolism and immune health. Choose lean options like pork loin and pork chops.

Poultry:

Poultry serves as a leaner source of protein compared to red meat and provides essential nutrients. Examples include:

Chicken: A lean source of protein, rich in niacin (Vitamin B3) and vitamin B6, supporting muscle growth and repair. Look for skinless chicken breasts or thighs.

Turkey: Provides protein, selenium, and vitamins B6 and B12, supporting immune function and overall health. Examples include ground turkey and turkey breast.

What about ground meat?

Ground red meat and poultry packing will list the percent (%) lean and the percent fat. Choose options that are at least 90% lean to help reduce the intake of saturated fats.



Fish and Seafood:

Fish and seafood is an excellent source of complete protein and essential vitamins. Some oil fishes like salmon, anchovies, and tuna are great sources of omega-3 fatty acids, which can help support heart health and reduce inflammation. It is generally lower in fat compared to red meat. Examples include:

Salmon and Tuna: Rich in protein, omega-3 fatty acids, vitamin D, and B vitamins, supporting heart health and brain function. Look for fresh or frozen salmon fillets. Fresh or canned tuna can be found in the seafood section.

White Fish: Lean source of protein, low in fat, and rich in B12. Examples include Cod, haddock, and tilapia.

Shrimp: Lean protein sources, low in fat, rich in B12, zinc, and copper.

Common Locations in Grocery Stores:

Fresh or frozen red meats, poultry, fish and seafood are available in the refrigerated or frozen sections of the poultry, meat, and seafood department (usually towards the back of the store).

Choosing Animal Proteins:

Incorporate a variety of protein sources to meet your nutritional needs. Opt for lean cuts of red meat, choose poultry for a lower-fat option, and include fish for heart-healthy omega-3 fatty acids.

Frozen cooked options (like meatballs, chicken tenders, etc.) can be a time saver when meal prepping. Pick products that are lower in sodium (< 140 milligrams per 100 grams per serving) and cook them with a little bit of oil on a skillet or bake/air-fry them.



Any Meat Meatballs

INGREDIENTS:

- 1 pound of lean ground chicken or beef (>90% lean)
- 1 egg
- 1/2 cup bread crumbs (plain, Italian, or panko)
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: 1/3 cup milk, 2 tablespoon oil, 1/2 teaspoon garlic powder, 1/2 onion powder, 1/2 teaspoon Italian seasoning

STEPS:

1. Mix ground meat, egg, breadcrumbs, and salt and pepper. Optional: You can add milk to make meatballs more moist, or other spices for more flavor.
2. Shape meatballs into 1-inch balls (about the size of a ping pong ball).
3. If baking, place in a preheated oven at 400F and bake for about 25-30 minutes. If cooking on the stove top, add oil to a pan over medium heat. Add meatballs in batches, and cook on each side for about 3-5 minutes, until golden and browned. If using ground beef, cook to the internal temperature of 160F. If using ground chicken, cook to the internal temperature of 165F.



20 minutes



4 people

Plant-Based Protein:

Plant-based sources are an excellent way to get protein in your diet. They are packed with essential nutrients, and sometimes contain nutrients that are not found in animal protein options, such as fiber. MyPlate strongly advocates their inclusion in your daily diet.

Beans, Peas, and Lentils:

These options are high in protein, fiber and iron. Pre-cooked beans, peas, and lentils are often canned or frozen; choose options that are listed as low-sodium or no-salt added. The dried version is usually cheaper, but more time consuming – many recipes recommend that you soak dried beans, peas, and lentils in warm water for several hours before cooking them.

- Beans: kidney beans, pinto beans, white beans, black beans, lima beans, fava beans
- Peas: chickpeas, black-eyed peas, pigeon peas, split peas
- Lentils: red, yellow, brown

Nuts, Seeds, Soy

- Nuts / Nut butters: Good source of protein, vitamin E, and magnesium.
- Chia Seeds: Rich in protein, fiber, and omega-3 fatty acids.
- Pumpkin Seeds: Provides protein, iron, and zinc.
- Tofu/ Tempeh: High in calcium, magnesium, and copper.

Common Locations in Grocery Stores

- Canned Goods Aisle: Lentils, chickpeas, black beans (canned or dried).
- Frozen Section: Pre-cooked beans, peas, and lentils.
- Baking Aisle or health food Aisle: Nuts, chia seeds, pumpkin seeds.
- Refrigerated section: tofu and tempeh
- Jam and Jellies Aisle: Nut butters



Chickpea Tacos with Cilantro Pesto

INGREDIENTS:

Chickpea Taco Filling

- 1 15-ounce/425g can chickpeas, rinsed and drained
- 2 teaspoons Extra Virgin Olive Oil
- 3/4 teaspoon kosher salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon garlic powder
- Pinch (1/8 teaspoon) cayenne pepper
- 1/2 lime

Cilantro Pesto

- 3 cups 36-40g loosely packed cilantro (leaves and tender stems, omit tough stems)
- 1/3 cup 44g Roasted Cashews
- 1/4 teaspoon garlic powder or 2 garlic cloves, roughly chopped
- 1 small jalapeño pepper
- 2 to 3 tbsp. of freshly squeezed lime juice
- 1/4 teaspoon kosher salt plus more to taste
- Freshly cracked black pepper to taste
- 4 to 5 tablespoons of Extra Virgin Olive Oil
- 6 Corn Tortillas
- Avocado (optional)
- Salsa (optional)

STEPS:

1. Preheat a pan to medium-high and drop in the olive oil.
2. Add the rinsed and drained chickpeas straight into the oil and cook until chickpeas are visibly drowned and sound dry when rolled around in the pan for about 6-8 minutes.
3. Reduce the heat to low and add the spices straight into the pan with the chickpeas.
4. Transfer the chickpeas to a bowl and squeeze the lime on top. Set aside.
5. Add all the cilantro pesto ingredients together in a food processor or blender and blend until smooth. If the pesto is too thick add additional oil or water until reaching desired consistency.
6. Fill corn tortillas with chickpea blend and top with pesto, avocados, and salsa.



30 minutes



6-8 people

DAIRY

MyPlate Recommendations:

MyPlate encourages 3 cups of dairy or fortified-*soy* milk in your diet a day. Dairy products provide calcium, potassium and vitamin D, which are all essential in maintain bone health. Dairy is also a good source of protein.

Dairy Benefits and Products:

Dairy products are rich in calcium and protein, supporting bone health and muscle function. Examples include:

- **Milk:** High in calcium, protein, and vitamin D. Supports bone health and overall growth.

Examples: 1% or skim milk, calcium-fortified *soy* milk

- **Yogurt:** Provides calcium, protein, and probiotics. Supports digestion and bone health.
- Examples: Plain Greek yogurt, low-fat yogurt.

- **Cheese:** Rich in calcium and protein. Supports bone health but can be high in saturated fat.
- Examples: Cheddar, mozzarella, Swiss cheese.

Dairy Alternatives:

For those who are lactose intolerant or prefer plant-based options, *soy* milk is available which is high in protein and often fortified with calcium and vitamin D.

Common Locations in Grocery Stores:

Dairy Section: Refrigerated milk or fortified-*soy* milk, yogurt, and cheese in the dairy aisle.

Choosing Dairy:

Opt for low-fat or fat-free options when possible, to reduce saturated fat intake.

While foods like butter, heavy cream, and cream cheese are made with cow's milk, they often do not contain enough calcium, protein, and other essential nutrients for them to be classified in the Dairy food group.



BUDGETING TIPS

Start by Making a List: Make a grocery list and check your pantry and fridge to see if you already have it. Once you are at the store, stick to the list to prevent purchasing unnecessary additional items (see Appendix III for an example).

Use Coupons Wisely: Only use coupons for items you regularly purchase and look for stores with double or triple coupon days to maximize savings. Many grocery stores have a membership or rewards program where you can digitally add coupons to your account.

Avoid Shopping on an Empty Stomach: Eat a snack before you go shopping to prevent impulsive buying. You're far less likely to overspend when shopping without being hungry!

Minimize Pre-Packaged Foods: Opt for whole foods over individually wrapped snacks, which are often higher in saturated fats and added sugars and usually not as filling.

Choose Generic Brands: Store brands can be just as good or better than name brands. They often have the same nutritional value and ingredients.

Compare Unit Prices: The unit price tells you the cost of the item based on the standard measurement (such as per ounce, pound, or piece). This can be helpful when comparing products to know if you are truly getting a good deal.

Opt for High-Nutrition, Budget-Friendly Foods: Animal proteins are a good source of protein, but can be expensive. Consider alternatives like beans, lentils, eggs, peanut butter, tofu, and canned fish for your proteins. Also, grains like oats, brown rice, and barley, as well as sweet and white potatoes, are cost-effective and nutritious. Frozen fruits and vegetables are often cheaper and still nutrient-rich compared to some fresh options.



REDUCING FOOD WASTE TIPS

Why Waste Less?

Food waste is a financial, ethical, and nutrition related problem that we can all have a part in solving! Every year over a billion tons of food is wasted, almost 25% of all the food produced in the world. So, what can we do in the grocery store to reduce food waste, save money, and shop smarter?

Use the Ugly: *Certain stores, like Kroger, have a special section for ugly or slightly damaged produce that is sold at a discount. Fruits and vegetables purchased like this are excellent for smoothies and soups and don't need to go into the trash! Also, find ways to repurpose vegetables and fruits that are wilting at home, such as throwing them into smoothies, adding them into soups, or making them into sauces.*

Plan to Save: *Look in your pantry first to take inventory of what you currently have. Afterwards, make a game plan of what you plan to cook and a list of what you need from the grocery store. This can reduce you accidentally purchasing stuff you already have at home and make navigating the grocery store more efficient.*

Sometimes Sales: *Sales are a great way to save money buying food, but sales like Buy One Get One (BOGO) are only going to save money if the extra food you get from the sale is eaten. It sounds silly to not shop on sale sometimes, but buying the food you can eat at the lowest price doesn't always mean more is better! Purchase enough food to satisfy you and that you feel you can finish before the expiration date, can reduce unnecessary spending and food waste.*

If You Have to Lose it, Use it: *Sometimes food waste is unavoidable, maybe some packaging got damaged or food went bad faster than expected. In these cases, starting a small compost bin or locating a community compost site is an excellent way to get use out of food that couldn't be eaten.*

Go Recipe-Less: *Some recipes can require a lot of time, have difficult steps, or contain specialty ingredients that can be pricy and not well utilized in other dishes. If you want a lot effort meal prep recipe, think of general food categories (like sandwiches, a stir-fry, casseroles, soups, salads, etc.) and aim to get at least 3 food groups in your meal. For example, for a grain bowl, prepare a cup of brown rice and pack it with fresh or canned vegetables (if using frozen, microwave or sauté them). Top with healthy proteins like canned fish or poultry, beans, eggs, or nuts/seeds.*



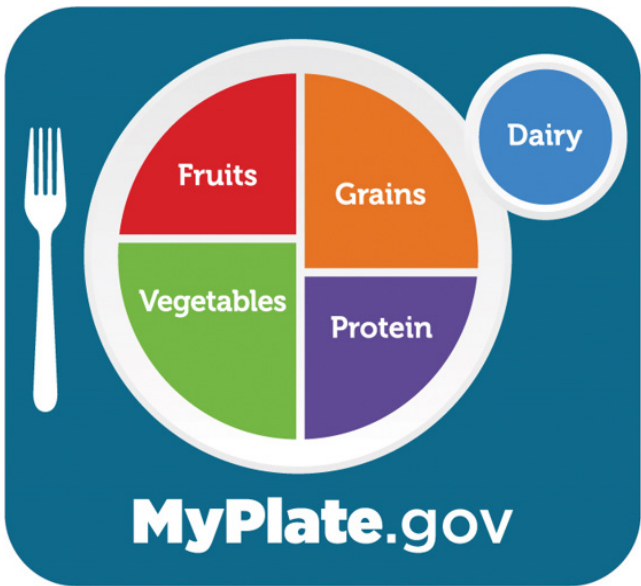
APPENDIX I

MEAL PREP TIPS AND GUIDELINES

Planning can help you save money by ensuring that you only purchase what you need for the week and reducing food waste from spoiled or uneaten foods.

Choose Recipes

Make a list of your favorite meals and snacks, dishes that you know how to comfortable prepare, and new recipes you want to make. Using MyPlate as a guide, adjust the meals so they contain at least 3 food groups and snacks contain at least 2 food groups. You can also add side dishes to incorporate more food groups, such as including a piece of fruit, yogurt cup, or whole grain toast.



You now have a library of recipes that you can pick from to help decide what meals you want to make from the week. Feel free to update this list as needed.

If you are new to meal prepping or cooking, start with 1–2 meals and 1–2 snacks that can last you 2–4 days. You can even include frozen meals and sandwiches from the deli as part of your meal prep.

Look At Your Schedule

Using your calendar or Meal Planning Schedule sheet (Appendix III) to help you think about where and when you will have your meals.

- Pick a day in the week when you can dedicate 30–60 minutes to cooking. Once you have established a routine, pick a second day to do an additional meal prep for the latter half of the week.



CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							

NOTES:

- If you don't have a lot of time to eat a meal, bring a variety of snacks from the different food groups, such as fruit and yogurt smoothie, tuna and crackers, and trail mix with mixed nuts. You can also make your own snack board with fruits, hard boiled eggs, cheese, and pretzels.
- Include meals you may get from campus events, meetings, social events (like lunch with friends or dinner with family), and work. Also include take-out meals if that is part of your routine. This can help to plan what to eat for those days less stressful and reduce food waste.

Craft Your List

After deciding what meal(s) and snacks you want to have for the week and comparing it with your schedule, write a grocery list (Appendix II as an example) of foods and ingredients you will need from the store. Before you head out though, look through your fridge and pantry and cross off items you already have.

If you have extra time, look through the grocery store's weekly ads and deals, and make substitutions for similar ingredients that are on sale to help save extra money.

Work Quicker, Not harder

Not everything needs to be made from scratch for it to taste delicious or be healthy. There are many nutritious pre-prepped foods in the grocery store that can save you a lot of time and reduce waste. This includes frozen and canned vegetables, canned chicken/tuna, jarred pasta sauces, pre-cooked and pre-prepped proteins (like frozen meatballs or canned lentils), and microwave rice. You can even carve a rotisserie chicken from the deli aisle and use it in multiple different dishes like in pasta dishes, soups, sandwiches, and omeletes.

Kitchen gadgets and appliances can also be helpful in making meal prep faster. Items like a food chopper or food processor can dice food effortlessly, and air fryers and pressure cookers can reduce the cook time for recipes. While not as quick, a slower cooker can prepare a large quantity of food with very little effort.


CREATE A GROCERY GAME PLAN
GROCERY LIST

FRUITS		GRAINS <small>(BREADS, PASTAS, RICE, CEREALS)</small>	
DAIRY <small>(MILK, YOGURT, CHEESE)</small>		VEGETABLES	
PROTEIN FOODS <small>(MEAT, SEAFOOD, NUTS & SEEDS, EGGS, SOY PRODUCTS, AND BEANS, PEAS & LENTILS)</small>		OTHER	
NOTES:			

Keep It Food Safe

Once you are done cooking or after the food is removed from an appliance keeping it warm, store leftovers in food safe containers with an airtight lid within 2 hours to prevent the growth of bacteria.

Per the U.S Department of Agriculture, “Leftovers can be kept in the refrigerator for 3 to 4 days or frozen for 3 to 4 months. Although safe indefinitely, frozen leftovers can lose moisture and flavor when stored for longer times in the freezer.” Frozen leftovers can be thawed in the fridge for a few hours or beat heated in the microwave until it reaches an internal temperature of 165F.

Bring a lunchbox with an ice pack to keep your food cold and food safe. If you don’t have access to a microwave, choose foods that don’t require reheating like sandwiches/wraps, pasta salads, and overnight oats.

NEED RECIPE IDEAS?

The UHC Nutrition Kitchen has an online archive of healthy, easy-to-prepare recipes – dietitian approved!



University Health Center
Student Affairs
UNIVERSITY OF GEORGIA



Check out the UHC's
Nutrition Kitchen Recipes!

Call 706-542-8690 to register for cooking classes! FYOS approved!

APPENDIX II

GROCERY LIST TEMPLATE



CREATE A GROCERY GAME PLAN

GROCERY LIST

FRUITS

[illegible]

GRAINS

[illegible]

DAIRY

[illegible]

VEGETABLES

[illegible]

PROTEIN FOODS

[illegible]


OTHER

[illegible]

NOTES:

APPENDIX III

MEAL PLANNING SCHEDULE



MyPlate.gov

CREATE A GROCERY GAME PLAN

WEEKLY CALENDAR

	SUN	MON	TUE	WED	THU	FRI	SAT
BREAKFAST							
LUNCH							
DINNER							
SNACKS							
NOTES: 							

APPENDIX IV

HOW TO READ A FOOD LABEL

Understanding food labels is crucial for making informed choices about what you eat. Here's a breakdown of the critical components you'll find on a typical food label:

1. Serving Size Information

The serving size indicates a standard portion and how many servings are in the package. This information is vital because all the nutritional details on the label are based on one serving. Understanding serving sizes helps you gauge your consumption and makes it easier to compare similar products.

2. Calories

The calorie count shows the number of calories per serving, not for the entire package. To find the total calories for the whole container, multiply the calories per serving by the number of servings.

3. Nutrients

The nutrient section of the label provides information on essential nutrients, such as fats, carbohydrates, proteins, vitamins, and minerals. This information can help you select foods rich in nutrients you need more of, like fiber or protein, and limit those you need less of, like added sugars or sodium. It's a practical tool for meeting specific dietary goals.

4. The Percent Daily Value (%DV)

The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to your daily diet, based on a 2,000-kcal diet. A higher %DV means the food is rich in that nutrient, while a lower %DV means it has less. This percentage helps you determine if a food is a good or poor source of a particular nutrient, allowing you to make better dietary choices.

5. Ingredients

The ingredient list shows what the food is made of, listed in descending order by weight. This means the first ingredient is the most abundant in the product. Reading the ingredient list can help you avoid allergens, additives, or unwanted ingredients and choose foods that align with your dietary preferences.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 240mg 6%

* 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.

1

The serving size appears in large, bold font and some serving sizes were updated.

2

Calories are displayed in large, bold font.

3

Daily Values were updated.

4

Added sugars, vitamin D, and potassium are required on the label. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

APPENDIX V

NUTRIENT GUIDE

Nutrient	Benefit	Food Sources
Vitamin A	Essential for vision, immune, and skin health and function.	Most red-orange vegetables (including carrots, tomatoes, and sweet potatoes).
Vitamin C	Supports the immune system and skin health. Can also increase iron absorption.	Most whole fruits and fruit juices (including berries, citruses, mango and pineapples).
Potassium	Help maintain healthy blood pressure.	Bananas, melon type fruits, grapes, potatoes, tomatoes, dairy products
Fiber	Aids in digestion and maintain gut health. Satiety (helping you stay full). Helps with regulating blood sugar and blood pressure levels. May help reduce the risk of certain GI type cancers.	Whole fruits and vegetables (particularly with the skin kept intact). Whole grain options. Beans, peas, and lentils.
Protein	Essential building block for muscles, skin, hormones, enzymes, and other parts of the body.	Beans, peas, lentils, animal proteins, plant-based protein alternatives, milk and soy milk options.
Iron	Necessary for oxygen transport in the blood	Dark leafy green vegetables, beans, peas, and lentils.
Carbohydrates	Body and organ's primary and preferred fuel source	Fruits, starchy vegetables, beans, peas, lentils, refined and whole grains.
Vitamin K	Vital for blood clotting and bone health	Dark leafy green vegetables,
Vitamin E	Powerful antioxidant, supports immune function	Avocados, spinach
Vitamin B6	Important for metabolism, brain health, and neurotransmitter production.	Spinach, potatoes
Calcium	Supports bone health and muscle function	Dark-green vegetables (such as kale, spinach, broccoli). Dairy products
Magnesium	Supports muscle and nerve function, helps regulate blood pressure, and is	Spinach, sweet potatoes, and legumes

	involved in over 300 biochemical reactions in the body.	
Zinc	Supports immune function, aids in protein synthesis, and contributes to wound healing.	Beans, lentils, and spinach
Selenium	Cardiovascular and brain health and function.	Brazil nuts, seafood, animal proteins and poultry
Omega-3 Fatty Acids	Cardiovascular and brain health and function, eye health, anti-inflammatory effects	Chia Seeds, Walnuts, salmon, tuna, fortified dairy products
Vitamin D	Immune function, brain health, cancer prevention, and muscle function	Fatty fishes like salmon and trout, fortified milks, egg yolks, cheese
Vitamin B12	Blood health, nerve function, energy production, and skin and hair health	Beef liver, clams, nutritional yeast, milk
Vitamin B1 (Thiamine)	Energy production, nervous system, cognitive health, bone health	Enriched Breakfast Cereals, Enriched Noodles, Pork, black beans
Vitamin B2 (Riboflavin)	Energy Production, red blood cell production, skin health, immune system support	Beef liver, oats, fortified breakfast cereals, yogurt and milk
Vitamin B3 (Niacin)	Control cholesterol, skin and brain health, regulates oil production on your face	Beef liver, chicken breast, marinara sauce, salmon, pork, peanuts

Additional information about each nutrient can be found on the National Institutes of Health Office of Dietary Supplements website: <https://ods.od.nih.gov/factsheets/list-all/>.



Many people can meet all or a majority of their nutrient requirements through diet. Before taking a dietary supplement, consult with a healthcare expert, such as a doctor or registered dietitian.

APPENDIX VI

INGREDIENT STAPLES

Protein

- Eggs
- Canned or dried beans, lentils, and peas
- Tempeh or tofu
- Frozen fish or shrimp
- Frozen chicken breast/ strips
- Frozen meatballs
- Nuts/ seeds
- Peanut butter

Dairy

- Yogurt
- Parmesan Cheese, cheddar cheese, or mozzarella cheese

Vegetables

- Root vegetables (potatoes, carrots, onions, carrots, ginger, garlic)
- Celery
- Bell peppers
- Canned tomatoes and tomato paste
- Canned corn
- Frozen spinach
- Frozen or canned corn

Fruits

- Apples
- Oranges
- Lemons/ limes
- Frozen berries
- Dried fruits (raisins, mangos, etc.,)

Grains

- Rolled oats
- Brown rice
- Whole wheat pasta
- Popcorn
- Brown rice
- All purpose or whole wheat flour
- Cornstarch

Pantry

- Neutral oil (i.e vegetable, canola, avocado)
- Olive oil
- White vinegar
- Low-sodium Soy sauce
- Paprika or smoke paprika
- Cumin
- Dried Italian seasoning
- Cinnamon
- Curry powder
- Chili powder or red pepper flakes
- Broth (canned, cartons, or bouillon cubes or paste)
- White sugar
- Brown sugar

GROCERY STORES NEAR UGA

Kroger

191 Alps Rd, Athens, GA 30606
2040 Barnett Shoals Rd, Athens, GA 30605
1720 Epps Bridge Pkwy, Athens, GA 30606
700 US-29, Athens, GA 30601

Walmart

4375 Lexington Rd, Athens, GA 30605
1911 Epps Bridge Pkwy, Athens, GA 30606

Publix

860 Barnett Shoals Rd, Athens, GA 30605
3620 Atlanta Hwy, Athens, GA 30606
2061 Experiment Station Rd, Watkinsville, GA 30677

Target

127 E Broad St, Athens, GA 30601
3065 Atlanta Hwy, Athens, GA 30606

Aldi

1055 Gaines School Rd #104, Athens, GA 30605
3400 Atlanta Hwy, Athens, GA 30606

Bell's Food Stores

995 Hawthorne Ave, Athens, GA 30606

Trader Joes

1850 Epps Bridge Pkwy Ste 331, Athens, GA 30606

International Grocery stores

Fooks Foods

2026 S Milledge Ave, Athens, GA 30605

Orient Mart

1055 Gaines School Rd STE 108, Athens, GA 30605

Carniceria Costa De Jalisco 2

140 Barber St, Athens, GA 30601

Sinaloa Super Market

3073 Danielsville Rd, Athens, GA 30601

NEED TO CATCH A RIDE?

There are UGA buses that have stops close to the Kroger off College Station and Target off Broad Street. Check the UGA app for updated bus routes.

Athens-Clarke County Transit offers fare-free bus services that reach many of these grocery stores.



FOOD PANTRIES AT UGA

UGA Student Food Pantry

Location: Tate Student Center 146 (first floor across from the Greek Life and Campus Reservations Offices).

Hours: Open Monday-Friday from 10:00am-4:00pm. Hours over holiday and summer break vary.

SGA Fresh Express:

Location: Joe Frank Harris Commons (East Campus Village)

Hours: Monday, Tuesday, Wednesday | 12 – 5 p.m.; Thursday & Friday | 9 a.m. – 1 p.m.

Franklin Fridge North:

Location: 301 Brooks Hall

Hours: Monday-Friday from 9am-4pm

Kathy Bolt Pantry (Franklin Fridge South):

Location: 302 E Campus Rd Athens GA 30602, I-STEM Building II, First floor inside the Chemistry Administration Suite 1299-B

UHC Pocket Pantry:

Location: University Health Center, 55 Carlton Street, Athens, GA 30602

Located on the 2nd floor, down the hall from Medical Clinic Green

Hours: Monday – Friday, 8:00 AM – 5:00 PM

For food pantries in Athens and the Northeast Georgia region and to receive assistance with the SNAP (formerly food stamps) application process, visit <https://foodbanknega.org/>.



REFERENCES

MyPlate:

<https://www.myplate.gov/eat-healthy/what-is-myplate>

Create A Grocery Game Plan Grocery List (MyPlate.gov):

<https://myplate-prod.azureedge.us/sites/default/files/2024-07/MyPlate-Create-A-Grocery-Game-Plan-Grocery-List.pdf>

Create a Grocery Game Plan Weekly Calendar (MyPlate.gov):

<https://myplate-prod.azureedge.us/sites/default/files/2024-07/MyPlate-Create-A-Grocery-Game-Plan-Weekly-Calendar.pdf>

20 Money-Saving Grocery Shopping Tips (eatright.org):

<https://www.eatright.org/food/planning/food-security-and-sustainability/20-money-saving-grocery-shopping-tips>

Meal Planning Tips (American Heart Association):

<https://www.heart.org/-/media/aha/recipe/pdf-files/grocery-guide-english-shopping-budget.pdf>

Meal Planning Quick Tips (UGA Extension):

<https://extension.uga.edu/county-offices/banks/family-and-consumer-sciences/meal-planning-quick-tips.html>

Grocery Shopping Tips (MyPlate):

<https://www.myplate.gov/tip-sheet/grocery-shopping>

Healthy Grocery Shopping Guide (healthline):

<https://www.healthline.com/nutrition/healthy-grocery-shopping-guide>

Leftovers and Food Safety (U.S. Departments of Agriculture):

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

National Institutes of Health, Office of Dietary Supplements:

<https://ods.od.nih.gov/factsheets/list-all>

Making a Budget (consumer.gov):

<https://consumer.gov/your-money/making-budget>