

HORIZON



Organic Staples Grocery List

With so many organic food choices out there, where do you begin?

Start with staples. When creating your grocery list, start adding delicious and nutritious organic “staples” like organic dairy, fruits and vegetables. Here’s a basic organic staples list created during an organic makeover.



Dairy

- Horizon Organic Fat-Free Milk
- Horizon Organic Yogurt Tubes and Low-Fat Blended Yogurt
- Horizon Organic Yogurt Smoothies
- Horizon Organic Shredded Cheese
- Horizon Organic Cheese Sticks
- Horizon Organic Unsalted Butter
- Horizon Organic Low-Fat Sour Cream
- Horizon Organic Eggs (dozen or half dozen)

Cereal & Bread

- Kashi Organic Promise cereal
- Organic Cookies
- Organic whole wheat bread
- Organic pasta

Freezer

- Organic ice cream
- Organic frozen fruit and veggies

Vegetables

- Organic vegetables
- Packaged salads and salad dressing
- Tomatoes
- Mushrooms
- Bell Peppers
- Celery
- Potatoes
- Spinach

Fruits & Juices

- Organic Juice Boxes
- Organic fruit
- Apples
- Grapes
- Oranges
- Cherries
- Pears
- Peaches
- Strawberries
- Nectarines
- Red raspberries