

FEBRUARY SHOPPING LIST

BAKING STAPLES:

- All-purpose flour (1-2 cups)
- Granulated sugar (½ cup)
- Baking soda (1 tsp)
- Baking powder (1 tsp)
- Ground cinnamon (1-2 tsp)
- Ground nutmeg or cardamom (optional, ¼ tsp)
- Vanilla extract (2 tsp)
- Salt
- Honey (optional)
- Powdered sugar (optional)

DAIRY:

- Eggs (4 large)
- Milk (¾ cup)
- Butter (2 sticks)

PRODUCE:

- Bananas (4-5)
- Frozen blueberries (2 ½-3 ½ cups)
- Fresh fruits for dipping (2 cups)

BAKERY:

- Bread (8 slices)

PANTRY:

- Maple syrup
- Chocolate (4 ounces)

EAT WITH THE SEASONS

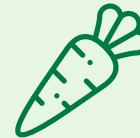
Savor the flavor of fresh, in-season produce.



Beets



Broccoli



Carrots



Citrus



Kale



Onion



Pears



Rosemary

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