

USOPC

Grocery Shopping Recommendations

Feel overwhelmed with all of the information and uncertainties swirling around?!

Have no fear! Your nutrition team is here!

Rather than succumbing to panic buying, **STAY CALM AND HAVE A PLAN!**

Use the following suggestions to minimize your trips to the grocery store, while ensuring you have appropriate foods to stay nourished and healthy during this time.

Fridge & Freezer

Grains & Starches:

- Corn or flour tortillas (after opening)
- Frozen Sweet Corn



Proteins:

- Eggs
- Low-fat cow milk, soy or lactose-free milk
- Low-fat cottage cheese
- Low-fat Greek yogurt
- Low-fat cheese strings
- Sliced meat (e.g. roast turkey)
- Black bean soup, lentil soup
- Tofu, tempeh



Frozen Proteins:

- Frozen edamame
- Frozen tuna, salmon, chicken and lean ground turkey or beef



Fresh fruit and vegetables:

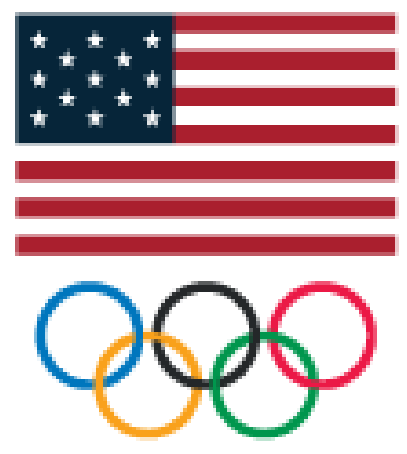
- Variety and color is key
- Carrots and apples last a good amount of time in the fridge



Frozen fruit and vegetables:

- Broccoli, Cauliflower, Brussels Sprouts, Steamables Asparagus Spears
- Cut Green Bean, Cut Leaf Spinach
- Pepper & Onion Blend
- Mixed Vegetables, California Style Vegetables, Stir-Fry Vegetables Mix
- Vegetable Soup Mix





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Pantry

Grains & Starches:

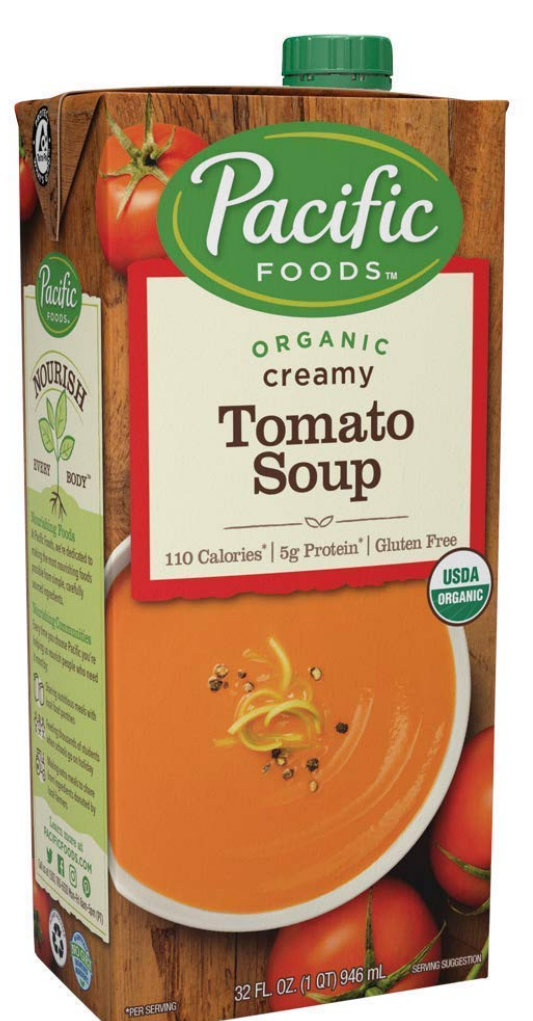
- Cereals
- Oatmeal: bulk or individually packaged
- Bagels, bread, pita, wraps, and English muffins
- Crackers
- Bars
- Instant rice and quinoa
- Pop corn
- Baked tortilla chips
- Pasta, noodles
- Potatoes, sweet potatoes, onion, garlic
- Canned corn, yams
- Pumpkin puree

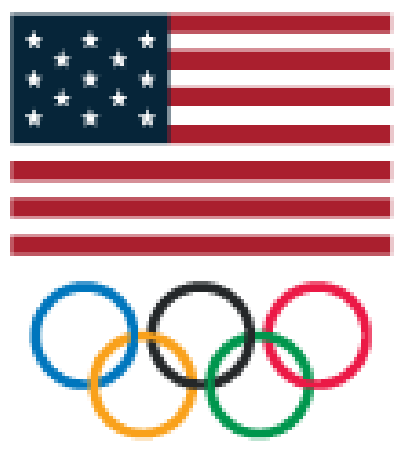
Proteins:

- Self-stable Horizon cow milk or Silk soy milk
- Powdered milk
- Shelf-stable tofu
- Canned or packaged tuna, salmon and chicken
- Chicken noodle soup
- Trail mix, nuts, and seeds
- Nut butters (e.g., peanut, almond)
- Bulk or canned legumes (e.g. black beans, pinto beans, chickpeas), chilli, low-fat refried beans

Canned fruit and vegetables:

- Fruit cups or canned: mandarin oranges, pineapple, pears, peaches, fruit mix
(**look for no sugar added or "in 100% Juice"**)
- Green beans, mushrooms, carrots, peas, beets, asparagus spears, artichoke hearts
- Collard greens, turnip greens
- Diced tomatoes (great for cooking)
- Mixed vegetables
- Tomato soup
- Marinara sauce, salsa
- Sauerkraut



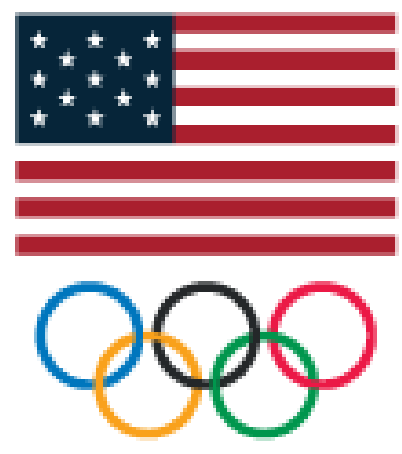


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Cold Food and Shelf-Stable Storage Charts

Food	Description	Refrigerator	Freezer
Salad	Egg, chicken, ham, tuna, and macaroni salads	3 to 4 days	Do not freeze
Luncheon meat	Opened , sliced deli	3 to 5 days	1 to 2 months
	Unopened, sliced deli	2 weeks	1 to 2 months
Ground meats	Hamburger, ground beef, turkey, pork	1 to 2 days	3 to 4 months
Uncooked meats	Roasts, steaks or chops	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, pieces	1 to 2 days	9 to 12 months
Lean fish	Cod, halibut, tilapia	1 to 2 days	6 to 8 months
Fatty fish	Tuna, salmon	1 to 2 days	2 to 3 months
Fresh Seafood	Shrimp, scallops, crawfish, squid	1 to 2 days	3 to 6 months
Eggs	Raw in shell	3 to 5 weeks	Do not freeze
	Hard-boiled eggs	1 week	Do not freeze
Casseroles with eggs	Scrambeled eggs, egg muffins, egg burrito	3 to 4 days	2 to 3 months
Soups and stews	Vegetable or meat added	3 to 4 days	2 to 3 months
Leftovers	Cooked meat, poultry or fish	3 to 4 days	2 to 6 months
	Patties or pizza	3 to 4 days	1 to 2 months
Milk	Whole milk, reduced fat, skim and non-fat milk	5 to 7 days	Do not freeze
Milk alternatives	Unopened soy, almond, rice, coconut milk	1 month	Not recommended
	Opened soy, almond, rice, coconut milk	7 to 10 days	Not recommended
Cheese	Sliced, hard, Cheddar, Edam, Swiss	2 to 3 weeks	6 to 8 months
Yogurt	All types	7 to 10 days	Not recommended
Juices	Canned, bottled or reconstituted		8 months





Food	Description	Refrigerator	Freezer
Fruits	Berries, cherries, peaches	2 to 3 days	8 to 12 months
	Avocados, melons, nectarines, pears, pineapples	3 to 5 days	8 to 12 months
	Cranberries, kiwis	6 to 8 days	8 to 12 months
	Apples	1 month	8 to 12 months
	Bananas, papaya, mangos, plantains	Ripen at room temp.	8 to 12 months
Vegetables	Green beans, mushrooms, shredded cabbage, lettuce, salad greens, ripe tomatoes, corn in husk	1 to 2 days	8 to 12 months
	Artichokes, asparagus, eggplant, parsley	2 to 3 days	8 to 12 months
	Broccoli, Brussels sprouts, greens, lima beans, peas, summer squash, zucchini	3 to 5 days	8 to 12 months
	Cabbage, celery, cauliflower, cucumbers, peppers	1 weeks	8 to 12 months
	Beets, carrots, radishes	2 weeks	8 to 12 months
	Onion, potatoes, sweet potatoes	Do no refrigerate, keep in dry and away from sun	



Food

Storage on shelf

Low-acid canned goods:

Canned meat and poultry, stews, soups (except tomato soup), spaghetti (noodles and pasta), potatoes, corn, carrots, spinach, beans, beets, peas, and pumpkin

2 to 5 years



High-acid canned goods:

Tomatoes, grapefruit, pineapple, apples and apple products, mixed fruit, peaches, pears, plums, all berries, sauerkraut, pickles, juices (tomato, orange, lemon)

12 to 18 months



Jerky, commercially packaged

12 months

Tuna and other seafood in retort pouches

18 months

Rice and dried pasta

2 years



For athlete-inspired recipes visit
Cooking with Team USA!