TRADER JOE'S GROCERY GUIDE

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

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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's Fall Produce

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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 CO2 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
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!
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
Kosher

Easy Storage, Long Shelf-Life

Only 1 gram of added sugar!

Tomatoes are an awesome source of Antioxidants!

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!
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

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

Price

- $2.49 at 2.5 servings per container
- $1.00/serving
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
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!
Peanut Butter Filled Pretzel Nuggets

Price
- $2.49 at 15 servings per container
- $0.17/serving

Why We Love It
- Kosher
- Peanut Butter is a great source of Vitamin E which is essential for heart health!
- Long Shelf-Life, Easy Storage
- THIS SNACK IS AN ABSOLUTE MUST!
  FILLING, TASTY, GLORIOUS
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!
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!
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!

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
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!
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
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!
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
Vegetarian, Non-Dairy, Kosher

Teas contain antimicrobial properties and simulates mental alertness!

Long Shelf-Life, Easy Storage

Available in many Caffeinated or herbal flavors

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
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!

**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!
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!
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!

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

Seeds & Nuts
- Peanut Butter ($3.49)
- Trail Mix ($4.99)

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