

## Grocery Shopping List

Choose a balanced diet by eating a variety of foods from Eating Well with Canada's Food Guide

### Vegetables and Fruit

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### Breads and Cereals

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### Milk and Alternatives

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### Meat and Alternatives

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### Snacks

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### Other

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### PEI Healthy Eating Alliance

*Dedicated to improving the eating habits of school-aged children in Prince Edward Island*

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