

PEI Healthy Eating Alliance
Grocery Shopping List

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



Meats and Alternatives

Milk Products

Fruits and Veggies

Beverages

Breads and Cereals

Frozen Foods

Other

PEI Healthy Eating Alliance

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

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