Dollar stores can provide a great variety of nutrient dense foods at a lower cost than grocery stores. Some items available are listed below. Please note, items and availability will vary by store.

**Ready to eat tuna packs**
- **Difficulty:** Easy
- Tear off the top of the pack and enjoy! Add to pasta salad or a piece of whole grain bread.

$1.25 per serving

**Dried Beans**
- **Difficulty:** Medium
- Cook 1 cup dried beans in 2-3 cups water on the stovetop or in a crockpot.

$1.80 per bag

**Frozen Vegetables**
- **Difficulty:** Easy
- Pop in the microwave to steam.

$1.25 per bag

**Canned Goods**
- **Difficulty:** Easy
- Ready to eat cans of soup, beans, fruit, vegetables, and tuna.

$1.00 per can

**Pasta and Sauce**
- **Difficulty:** Medium
- A wide variety of ways to make a filling meal with minimal cooking.

$1.25 per bag

**Condiments and Spices**
- **Difficulty:** Easy
- Add flavor and variety without adding cost.

$1.00 per can