

SEPTEMBER SHOPPING LIST HIGHLIGHTS



Always Fresh, Always Free, Produce

Potatoes 10/5lb
Onions 3lb bags
Butternut Squash

Great Deals On Protein

Ground Beef, 10/1lb - **P15-064**
Whole Chickens 4/4lb - **P15-068**
Chicken Leg Quarters 4/4.25lb - **P15-106**

Item Spotlight

Nutrition Facts	
Serving size	1 Container
Amount per serving	
Calories	220
% Daily Value	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 200mg	9%
Total Carbohydrate 32g	12%
Dietary Fiber <1g	4%
Total Sugars 15g	
Includes 14g Added Sugars	28%
Protein 9g	18%



Nutrition Shake, Chocolate
P18-002



Healthy Options

Dried Fruit, Strawberry
and Bananas
P10-006

1% Shelf Stable Milk
P07-008

Whole Wheat
Pasta
P21-003

Unsweetened Applesauce
P10-090

White Rice
P24-020

*Holiday items have
been ordered and will
be available in late
September!*

Be sure to check Agency Express often to
catch all of the options each month