



Other items that
can be found at
the dollar store:

- Cooking oils
- Oatmeal
- Spices
- Baking mixes
- Cereal
- Protein bars
- Protein drinks



Use your phone
camera to scan QR
code to find more
resources and
information!

Support for Comfort
Cuisine is provided by
BCBSM/BCN as part of
the BCBSM Value
Partnerships program.

Comfort Cuisine

Dollar Store Round-Up

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.



\$
\$1.25
per serving

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.



\$
\$1.50
per bag

Dried Beans

Difficulty: **Medium**

Cook 1 cup dried beans in 2-3 cups water on the stovetop or in a crockpot.



\$
\$1.50
per bag

Frozen Vegetables

Difficulty: **Easy**

Pop in the microwave to steam.



\$
\$1.25
per can

Canned Goods

Difficulty: **Easy**

Ready to eat cans of soup, beans, fruit, vegetables, and tuna.



\$
\$3.25
per jar

Pasta and Sauce

Difficulty: **Medium**

A wide variety of ways to make a filling meal with minimal cooking.



\$
\$1.50
per item

Condiments and Spices

Difficulty: **Easy**

Add flavor and variety without adding cost.