

COLLEGE SURVIVAL SHOPPING LIST

Ace the aisles! Whether you're off to a dorm room or your first apartment, take charge of your cart and choose from our huge selection of carefully sourced products to start the school year off right. Here's a cheat sheet to get you going:



BASIC CHOW

You won't find scary stuff like hydrogenated fats, synthetic nitrates and nitrites or artificial colors, flavors, sweeteners or preservatives here! Go for organic or 365 Everyday Value® dairy products to keep synthetic hormones (rBGH/rBST) out of the equation.

- yogurt
- nut or seed butters
- string cheese
- deli meats
- condiments
- cereal
- whole-grain bread
- canned tuna
- instant soup and noodles
- frozen meals

SIPS & SNACKS

Make the grade by hitting our aisles for drinks and snacks without hydrogenated fats or artificial preservatives, colors, flavors or sweeteners. And don't forget—we've got organics in every aisle!

- fruit strips
- nutrient-enhanced water
- coconut water
- trail mix
- chips and salsa
- 100% fruit and vegetable juices
- popcorn
- energy drinks
- soy crisps
- whole-grain crackers
- coffee
- tea
- granola bars/nutrition bars
- soy, rice, coconut, hemp or almondmilk
- organic fruits and veggies*



*Whole Foods Market® sells a wider variety of organic produce and devotes more space to organic goods than any other supermarket in the world.

CLEANER CLEANERS

We're committed to carrying products that help you make the best eco-friendly cleaning decisions to be effective, not destructive. Our color-coded Eco-Scale™ rating system does the homework for you by rating each of our products orange, yellow or green. Learn more at wholefoodsmarket.com/eco-scale.

- laundry soap
- dish soap
- all-purpose spray cleaner
- sponges
- recycled paper towels, napkins, tissues, toilet paper
- reusable containers

WELLNESS SUPPLIES

When you're constantly running to class or study groups, accidents and little things are bound to happen. Our Whole Body™ team and a great selection of effective products are here for you, naturally.

YOUR FIRST LINE OF DEFENSE multivitamins without artificial colors, flavors and preservatives

SWELLING AND MUSCLE AND JOINT PAIN arnica gel and pellets

MINOR CUTS, SCRAPES, BURNS OR SPLINTERS first-aid gels, creams and oils that work with your body

FLU 365 Everyday Value® Flu Ease with no side effects

KEEP YOUR IMMUNE SYSTEM STRONG astragalus, echinacea, vitamin A, vitamin C, elderberry, vitamin D, zinc

SUN CARE real aloe vera gel, physical sunscreens with therapeutic amounts of beneficial ingredients

THE BEST BODY CARE

Soap and slather with the highest quality products that contain beneficial amounts of natural ingredients at "worth it" prices. You'll find organic body care products that adhere to the same standards as those for organic foods—and keep an eye out for the Premium Body Care™ seal* to get the best there is!

- shampoo & conditioner
- styling products
- shower gel
- facial care
- organic cotton balls
- mineral makeup
- natural deodorant
- feminine products
- toothpaste
- essential oils
- shaving cream & recycled/recyclable razors



*Check out wholefoodsmarket.com/premiumbodycare to learn about our Premium Body Care Standards and find the ingredients we don't allow in Premium Body Care products!