

Jessica's Healthy Shopping List



I have hand-selected this list of my favorite natural and minimally processed foods to help you make healthful choices quickly and easily when you shop at Gelson's.

Dairy

- Organic Valley grassmilk, organic milk, or Horizon Organic milk
- Lifeway organic plain or Greenvalley lactose-free organic plain kefir
- WestSoy organic unsweetened plain soy milk
- Straus Family Creamery or Horizon Organic plain yogurt
- Wallaby Organic 0% & 2%, Fage TOTAL 0% & 2%, or Oikos organic plain Greek yogurt
- Gelson's Finest or Organic Valley organic omega-3 eggs

Gourmet Cheese

- Imported Reggiano Parmesan cheese
- Applegate organic sliced cheese
- Organic Valley string cheese & shredded cheese

Deli (Wall)

- Friendship no salt added cottage cheese
- El Sol organic salsa
- House organic tofu
- Follow Your Heart vegenaïse
- Haig's or Gelson's Finest Hummus

Cereal/Granola

- Café Fanny organic, Kind cinnamon oat, or Quaker oat and honey granola
- Bob's Red Mill muesli
- Kashi Autumn Wheat cereal
- Uncle Sam cereal
- Silver Palate thick and rough oatmeal
- Nature's Path or Quaker organic instant plain oatmeal
- Bob's Red Mill or McCann's steel cut oats

Chocolate

- Green & Black's Organic or Scharffen Berger dark chocolate
- Dove dark chocolate Miniatures

Grains & Rice

- Nature's Earthly Choice farro, quinoa, wheat berries and wild rice
- trūRoots Organic quinoa
- Bob's Red Mill organic quinoa, farro and bulgur
- Lundberg wild rice
- Wolff's Kasha

Dried & Canned Beans

- Natural Directions organic dried beans and lentils
- Springfield pearl barley, dried beans and lentils
- Sabrot green lentils
- S&W organic, Westbrae Natural Organic, SunVista or Carmelina canned beans
- Seapoint Farms dry roasted edamame

Canned Seafood

- Wild Planet, Natural Directions or Bumble Bee canned wild salmon
- Season sardines in water, no salt added
- Wild Planet no salt added premium albacore tuna

Soups/Broth

- Pacific Natural Foods or Imagine organic low sodium chicken and vegetable/no-chicken broths
- Amy's organic light in sodium butternut squash, lentil vegetable, lentil and minestrone soups

Crackers

- Kavli whole-grain crisps
- Ak-Mak 100% whole-wheat crackers

Baking

- Flanigan Farms natural raw nuts
- Le Saunier de Camargue fleur de sel sea salt
- Bob's Red Mill or Nutiva organic chia seeds

Nuts & Nut Butters

- Blue Diamond 100 calorie pack whole natural almonds
- Back to Nature cashew, almond, pistachio mix
- Maisie Jane's almond butter or cashew butter
- Santa Cruz organic peanut butter

Service Deli

- Healthful Recipes by Jessica salads
- Carving Cart Turkey

Oil, Vinegar, Salad Dressing

- Napa Valley organic olive oil
- Napa Valley organic vinegars
- Bragg's Healthy Vinaigrette organic salad dressing

Frozen Fruit & Vegetables

- Eda-zen or Seapoint Farms frozen edamame
- Woodstock Farms or Earthbound Farm organic frozen fruit
- Dole or Wyman's frozen unsweetened fruit
- Earthbound Farm organic, Woodstock Farms organic, Stahlbush Island Farms, or C&W frozen vegetables

Bread

- Food for Life Ezekiel flourless sprouted whole-grain breads, tortillas and English muffins
- Silver Hills Bakery sprouted whole grain bread

Tea

- Mighty Leaf organic, two leaves and a bud organic, Tazo, or Good Earth green teas

Supplements

- Nordic Naturals Ultimate Omega fish oil
- Culturelle probiotic supplement

Seafood & Meats

- Wild salmon, black cod, rainbow trout, halibut and sea bass
- Other fish
- Organic chicken
- Grass-fed cuts of lean beef

Produce

- Dark green vegetables
- Orange fruit and vegetables
- Other fruit
- Other vegetables
- Melissa's quinoa, taboule and dried mushrooms
- Earthbound Farm organic dried fruit
- Gelson's Finest raw nuts
- Harvest pre-cut fruits & vegetables
- Garlic Expressions or Galeo's salad dressing

Gelson's

Buying Calendar for Seasonal Fruits & Vegetables



Winter

Spring

Summer

Fall

January February March April May June July August September October November December

Fruits

Apples	Apples	Apples	Apples	Cherries	Apricots	Apricots	Blueberries	Apples	Apples	Apples	Apples
Grapefruit	Grapefruit	Grapefruit	Grapefruit	Grapefruit	Blueberries	Blueberries	Cantaloupe	Cantaloupe	Dates	Dates	Dates
Lemons	Lemons	Lemons	Lemons	Lemons	Cantaloupe	Cantaloupe	Cherries	Figs	Figs	Grapes	Grapefruit
Oranges	Oranges	Oranges	Oranges	Oranges	Cherries	Cherries	Figs	Grapes	Grapes	Lemons	Lemons
Tangerines	Strawberries	Strawberries	Strawberries	Strawberries	Figs	Figs	Grapes	Grapefruit	Lemons	Persimmons	Oranges
Winter Pears	Tangerines	Tangerines	Tangerines	Tangerines	Honeydew	Honeydew	Grapefruit	Honeydew	Oranges	Pomegranates	Pomegranates
	Winter Pears	Winter Pears	Winter Pears	Winter Pears	Lemons	Lemons	Honeydew	Lemons	Pears	Pears	Tangerines
					Nectarines	Nectarines	Lemons	Oranges	Persian Melon		
					Oranges	Oranges	Oranges	Peaches	Persimmons		
					Peaches	Peaches	Peaches	Pears	Pomegranates		
					Plums	Plums	Pears	Persian Melon	Raspberries		
					Raspberries	Raspberries	Persian Melon	Plums			
					Strawberries	Strawberries	Plums	Pomegranates			
					Watermelon	Watermelon	Prunes	Prunes			
							Raspberries	Raspberries			

Vegetables

Artichokes	Artichokes	Artichokes	Artichokes	Artichokes	Carrots	Cabbage	Cabbage	Cabbage	Broccoli	Broccoli	Broccoli
Beets	Beets	Asparagus	Asparagus	Asparagus	Celery	Carrots	Celery	Celery	Brussels Sprouts	Brussels Sprouts	Brussels Sprouts
Broccoli	Broccoli	Beets	Beets	Beets	Cucumbers	Celery	Cucumbers	Cucumbers	Cabbage	Cabbage	Carrots
Brussels Sprouts	Brussels Sprouts	Broccoli	Broccoli	Cabbage	Green Beans	Cucumbers	Eggplant	Eggplant	Carrots	Carrots	Cauliflower
Cabbage	Cabbage	Brussels Sprouts	Carrots	Carrots	Lettuce	Eggplant	Green Beans	Green Beans	Cucumbers	Cauliflower	Celery
Cauliflower	Cauliflower	Cabbage	Cauliflower	Celery	Onions	Green Beans	Lima Beans	Lima Beans	Eggplant	Celery	Spinach
Celery	Celery	Carrots	Cooking Greens	Cooking Greens	Peppers	Lima Beans	Lettuce	Lettuce	Green Beans	Cucumbers	Sweet Potatoes
Cooking Greens	Cooking Greens	Cauliflower	Lettuce	Lettuce	Potatoes	Lettuce	Onions	Onions	Lima Beans	Eggplant	Tomatoes
Lettuce	Lettuce	Celery	Onions	Onions	Summer Squash	Okra	Peppers	Peas	Lettuce	Green Beans	Winter Squash
Potatoes	Potatoes	Cooking Greens	Peas	Peas	Sweet Corn	Onions	Potatoes	Peppers	Green Beans	Lettuce	
Spinach	Spinach	Potatoes	Spinach	Potatoes	Tomatoes	Peppers	Summer Squash	Summer Squash	Okra	Peas	
		Spinach		Spinach		Potatoes	Sweet Corn	Sweet Corn	Peas	Peas	
				Sweet Corn		Summer Squash	Tomatoes	Tomatoes	Potatoes	Potatoes	
				Tomatoes		Sweet Corn			Potatoes	Potatoes	
						Tomatoes			Sweet Corn	Sweet Corn	
									Sweet Potatoes	Sweet Potatoes	
									Tomatoes	Tomatoes	
									Winter Squash	Winter Squash	

If you have any questions, please feel free to call Jessica at 1-800-GELSONS (435-7667) or visit our website www.gelsons.com for more nutrition information and store locations. ©2013 Gelson's Markets