



Week 20 Shopping List

**Bell Pepper, Rice,
Corn Casserole
with Chipotle
Mustard Greens**

Packaged Goods: brown rice, frozen organic corn, chipotle in adobo

Produce: garlic, onion

Pantry Items: Olive oil, salt

Dairy: cheddar cheese, greek yogurt or sour cream

Local Sources: **Down to Earth Health Foods** (full service grocery, gluten free products), **Oh My Goodness Health Food** (full service grocery, gluten free products, local products), **Old Barn Hollow** (full service grocery specializing in local products), **Green Planet Grocery** (full service grocery, gluten free, local products), **Mother Earth Health Food** (natural products), **Real Food Co-op** (full service grocery, local products, gluten free) **Greenstar Co-op** (full service grocery, local products, gluten free) **The Piggery** (butcher shop and local products) **People's Market** (local products: eggs, honey, maple syrup, meat), **Ithaca Coffee Company** (cheese, gourmet grocery, some local products)