# Dried Beans/Peas/Lentils

## Must Be
- Plain

## You Can Choose
- 16 oz bags
- Bulk (sold by weight)
- Any brand
- Any variety
- Low sodium
- Non organic or organic

## Do Not Buy
- Boxes
- Cans
- Added flavors, foods, or spices
- Barley
- Bean and rice mix
- Coffee beans
- Dried refried beans
- Frozen
- Gourmet style
- Green beans
- Jelly beans
- Soup or soup mix
- Vanilla beans

## Shopping Tip
You can choose dried beans, peas, and lentils or peanut butter. See page 23 for information about peanut butter.