## BEANS/PEAS/LENTILS – DRIED

### BUY

**You Can Choose**
- 16 oz bags
- Any brand
- Any variety
- Non organic or organic

### DON'T BUY

- With added flavors or spices
- Boxes
- Barley
- Bean and rice mix
- Bulk (sold by weight)
- Chia seeds
- Coffee beans
- Dried refried beans
- Farro
- Frozen
- Green beans
- Heirloom
- Quinoa
- Sprouted or germinated
- Soup or soup mix

### SHOPPING TIPS

You can choose dried beans, peas, lentils, or peanut butter when printed on the check.

You can buy canned beans only when printed on the check.

For more information, see Beans – Canned page 6 and Peanut Butter page 26.