

# PEANUT BUTTER

## BUY

### You Can Choose

- 16 oz jar only
- Any brand
- Creamy or smooth
- Chunky or extra chunky
- Crunchy or extra crunchy
- Low sodium
- Natural peanut butter
- No stir or stir
- Salted or unsalted



## DON'T BUY

- Bulk (sold by weight)
- With added:
  - Flavors, foods, or spices
  - Flax or safflower oil
- Chocolate
- Freshly ground or grind-it-yourself
- Gourmet
- Honey
- Jelly
- Low-carb peanut butter spread
- Low-glycemic
- Marshmallows
- Natural peanut butter spreads
- Nut or seed butters, such as almond, cashew, sesame, soy, sunflower, or tahini
- Omega 3
- Organic
- Powdered
- Roasted honey nut
- Single-serve
- Spread
- "Squeeze It" tubes
- Valencia

## SHOPPING TIPS

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

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

You can find more information about canned beans on page 6 and dried beans/peas/lentils on page 7.