

The Grocery List! {compliments of www.canadianfreestuff.com}

FRESH FOOD

Fresh Vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini
- _____
- _____

Fresh fruits

- Apples
- Bananas
- Berries
- Cherries
- Kiwis
- Grapes
- Grapefruit
- Lemons
- Melons
- Nectarines
- Oranges
- Peaches
- Pears
- Plumbs
- Strawberries
- _____
- _____

Beverages

- Club Soda
- Cooking Wine
- Energy Drinks
- Juice
- Soda Pop
- Sports Drink
- _____
- _____
- _____

Frozen

- Breakfast/Waffles
- Burritos
- Fish
- Ice cream/Sorbet
- Frozen Juice
- Pizzas
- Popsicles
- Frozen Dinners
- Vegetables
- Perogies
- _____
- _____
- _____

Condiments/Sauces

- BBQ Sauce
- Cheese Whiz
- Honey
- Hot Sauce
- HP Sauce
- Jam/Jelly
- Ketchup/Mustard
- Mayonaise
- Oil
- Pasta Sauce
- Pickles
- Peanut Butter
- Salad Dressing
- Salsa
- Soya Sauce
- Syrup
- Vinegar

Various Groceries

- Cereal
- Coffee Grounds
- Coffee Filters
- Instant Potatoes
- Lemon/Lime Juice
- Oatmeal
- Packaged Meals
- Pancake Mix
- Pasta/Macaroni
- Rice
- Soup Mix
- Tea
- _____
- _____
- _____

Canned food

- Apple sauce
- Beans
- Broth
- Fruit
- Olives
- Canned Soup
- Soup Mix
- Tuna/Chicken
- Tomatoes
- Veggies
- _____
- _____

Spices & herbs

- Basil
- Black Pepper
- Bouillon Cubes
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Gravy Mix
- Mint
- Onion salt
- Oregano
- Paprika
- Parsley
- Salt
- Steak Spice

Dairy

- Butter/Margarine
- Cheddar Cheese
- Coffee Cream
- Cottage Cheese
- Cream Cheese
- Dips
- Feta Cheese
- Fruit Juice
- Heavy Cream
- Milk
- Mozzarella
- Sliced Cheese
- Sour Cream
- Swiss Cheese
- Whipped Cream
- Tofu
- Yogurt
- Eggs
- _____
- _____

Meat

- Bacon/sausage
- Beef
- Ground Beef
- Ham
- Hot Dogs
- Lunch Meat
- Pork
- Turkey
- _____
- _____

Seafood

- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tuna
- White Fish
- _____
- _____
- _____

Baking

- Baking Powder
- Baking Soda
- Bread Crumbs
- Cake Icing
- Cake Mix
- Chocolate Chips
- Cocoa
- Decorations
- Flour
- Icing Sugar
- Muffin Mix
- Pie Filling
- Shortening
- Sugar
- Vanilla
- _____
- _____

Baked Goods

- Bagels/Muffins
- Bread
- Cake/Cookies/Pies
- Donuts
- Muffins
- Pastries
- Pita Bread
- Tortillas
- _____
- _____

Baby Stuff

- Baby food
- Baby Wash
- Diapers
- Formula
- Lotion
- Wipes
- Gripe Water
- _____

Kids Lunch Stuff

- Bread
- Cheese/Crackers
- Fruit Roll Ups
- Jello/Fruit cups
- Juice Boxes
- Lunch Meat
- Granola Bars
- _____
- _____

Pets

- Bird Food
- Cat Food/Treats
- Cat Litter
- Dog Food/Treats
- Fish Food
- Fish Filters
- Flea Treatment
- Pet Shampoo
- Pet Toy
- _____
- _____

HOUSEHOLD

Personal Care

- Condoms/Protection
- Cotton Swabs
- Deodorant
- Feminine Products
- Floss
- Chapstick
- Moisturizer
- Mouthwash
- Q tips
- Razors
- Shampoo/Conditioner
- Sunblock
- Tooth Brush
- Tooth Paste
- Vitamins
- _____
- _____
- _____

Medicine

- Allergy
- Antidiarrheal
- Antacid
- Band Aids/Medical
- Cold Flu/Sinus
- Pain Reliever
- _____
- _____

Kitchen

- Aluminum Foil
- Freezer Bags
- Napkins
- Paper Plates
- Plastic Cutlery
- Plastic Wrap
- Sandwich Bags
- Wax Paper
- _____

Cleaning Products

- Air Fresheners
- Bleach
- Dish Soap
- Dishwasher Soap
- Garbage Bags
- Glass Cleaner
- Kleenex
- Laundry Soap
- Paper Towel
- Toilet Paper

Cosmetics

- Hairspray
- Foundation
- Mascara
- Eyeliner
- Eyeshadow
- Tweezers
- Moisturizer
- Nail Clippers
- Nail File
- Nail Polish
- Blush
- Lipstick
- Lip Gloss
- Eye Cream
- Wrinkle Cream
- _____
- _____

Office Supplies

- CDs/DVDs
- Envelopes
- Glue/Tape
- Paper
- Pens/Pencils
- Stamps
- _____
- _____

Other stuff

- Batteries
- Books
- Insect Repellent
- Light Bulbs
- Propane
- Greeting Cards
- Newspapers
- Magazines
- Wrapping Paper
- _____

Other

- _____
- _____
- _____
- _____

CHECK LIST

When you go..

- Take canvas bags
- Plastic bags to recycle
- See coupons!
- Propane refill for grill?
- Need to return anything?

Before you check out

- Need ice?
- Rent a movie?
- Stock up on sale items?
- Hand over your coupons!

IMPORTANT: Please leave this list in the cart when you are done 

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