

GROCERY LIST

Produce

- ___ Potatoes
- ___ Mushrooms
- ___ Onions
- ___ Cucumbers
- ___ Lettuce
- ___ Tomatoes
- ___ Carrots
- ___ Celery
- ___ Zucchini
- ___ Broccoli
- ___ Cauliflower
- ___ Spinach
- ___ Bell Peppers
- ___ Tofu
- ___ Strawberries
- ___ Bananas
- ___ Apples
- ___ Oranges
- ___ Grapes
- ___ Grapefruit
- ___ Melon
- ___ Nectarines
- ___ Peaches
- ___ Pears
- ___ Plums
- ___ Lemon/Lime
- ___ Blueberries
- ___ Raspberries
- ___ Avocados
- ___ Kiwi
- ___ Fresh Herbs

Deli

- ___ Deli Meats
- ___ Deli Cheese
- ___ Deli Salads
- ___ Rotisserie Chicken

Breads

- ___ White Bread
- ___ Whole Wheat Bread
- ___ Hot Dog Buns
- ___ Hamburger Buns
- ___ Bagels
- ___ Biscuits
- ___ English Muffins
- ___ Tortillas
- ___ Pitas
- ___ Muffins

Dairy

- ___ Milk
- ___ Butter/Margarine
- ___ Eggs
- ___ Yogurt
- ___ Cheese
- ___ Cream Cheese
- ___ Cottage Cheese
- ___ Sour Cream
- ___ Coffee Creamer
- ___ Orange Juice
- ___ Cookie Dough
- ___ Dinner Roll Dough

Condiments

- ___ Olive Oil
- ___ Salad Dressing
- ___ Vinegar
- ___ Mayonnaise
- ___ Marinade
- ___ Steak Sauce
- ___ BBQ Sauce
- ___ Ketchup
- ___ Mustard
- ___ Pickles/Raiish
- ___ Olives
- ___ Jelly/Jam
- ___ Peanut Butter
- ___ Honey
- ___ Salt/Pepper
- ___ Seasoning Packets
- ___ Spices
- ___ Soy Sauce

Canned Goods

- ___ Tuna
- ___ Tomato Sauce
- ___ Mushrooms
- ___ Soup/Chili

Canned Veggies

- ___ Green Beans
- ___ Corn
- ___ Peas
- ___ Baked Beans

Canned/Cup Fruit

- ___ Applesauce
- ___ Pineapple
- ___ Peaches
- ___ Fruit Cocktail
- ___ Raisins
- ___ Mandarin Oranges
- ___ Pears

Pasta

- ___ Spaghetti
- ___ Lasagne Noodles
- ___ Macaroni Noodles
- ___ Rice
- ___ Risotto
- ___ Pasta Sauce
- ___ Baked Rice/Pasta
- ___ Macaroni & Cheese

Ethnic Foods

- ___ Taco/Enchilada Mix
- ___ Taco Shells
- ___ Taco Sauce
- ___ Salsa
- ___ Tortillas
- ___ Soy Sauce
- ___ Teriyaki Sauce

Cereals

- ___ Cereal
- ___ Granola
- ___ Oatmeal
- ___ Breakfast Bars
- ___ Granola Bars
- ___ Toaster Pastries

Baking Needs

- ___ Sugar
- ___ Flour
- ___ Vegetable Oil
- ___ Cake/Brownie Mix
- ___ Frosting
- ___ Muffin Mix
- ___ Cookie Mix
- ___ Pancake Mix
- ___ Pancake Syrup
- ___ Baking Powder
- ___ Baking Soda
- ___ Vinegar
- ___ Cooking Spray
- ___ Vanilla Extract
- ___ Baking Nuts
- ___ Chocolate Chips
- ___ Coconut
- ___ Pudding
- ___ Jelly
- ___ Marshmallows
- ___ Sweetener

Snack Foods

- ___ Cookies
- ___ Crackers
- ___ Graham Crackers
- ___ Chips
- ___ Popcorn
- ___ Fruit Snacks
- ___ 100 Calorie Packs
- ___ Pretzels
- ___ Nuts/Trail Mix

Meat

- ___ Ground Beef
- ___ Chicken
- ___ Ground Turkey
- ___ Veal
- ___ Beef Roast
- ___ Steak
- ___ Beef Patties
- ___ Pork Chops
- ___ Pork Roast
- ___ Bacon
- ___ Hot Dogs
- ___ Sausage
- ___ Brats
- ___ Ham
- ___ Cold Cuts

Seafood

- ___ Shrimp
- ___ Lobster
- ___ Clams

- ___ Crab
- ___ Tilapia
- ___ Orange Roughy

Frozen Foods

- ___ Chicken Nuggets
- ___ Fish Sticks
- ___ Frozen Entrees
- ___ Frozen Vegetables
- ___ Frozen Fruit
- ___ French Fries
- ___ Pizza
- ___ Waffles
- ___ Pancakes
- ___ Pie Crusts
- ___ Ice Cream
- ___ Whipped Cream

Beverages

- ___ Fruit Juice
- ___ Vegetable Juice
- ___ Lemonade
- ___ Sports Drinks
- ___ Juice Boxes
- ___ Bottled Water
- ___ Drink Mixes
- ___ Tea
- ___ Coffee
- ___ Coffee Filters
- ___ Non-Dairy Creamer
- ___ Soda
- ___ Chocolate Syrup
- ___ Strawberry Syrup
- ___ Beer
- ___ Wine

Bakery

- ___ Donuts/Rolls
- ___ Bagels
- ___ Cookies
- ___ Cake
- ___ Brownies
- ___ Pie

Baby Items

- ___ Baby Food
- ___ Baby Formula
- ___ Diapers/Pull-Ups
- ___ Baby Wipes
- ___ Baby Wash

Pet Supplies

- ___ Dog Food
- ___ Cat Food
- ___ Cat Litter
- ___ Litter Box Liners
- ___ Pet Toys
- ___ Pet Treats
- ___ Fish Food

Paper Goods

- ___ Napkins
- ___ Paper Towels
- ___ Toilet Tissue
- ___ Tissues
- ___ Trash Bags
- ___ Paper Plates
- ___ Disposable Cups
- ___ Baggies/Storage Bags
- ___ Aluminum Foil
- ___ Plastic Wrap
- ___ Wax Paper
- ___ Toothpicks

Cleaning Supplies

- ___ Laundry Detergent
- ___ Dryer Sheets
- ___ Bleach
- ___ Fabric Softener
- ___ Stain Remover
- ___ Dish Soap
- ___ Dishwasher Soap
- ___ Cleanser
- ___ Glass Cleaner
- ___ Dusting Spray
- ___ Disinfectant

Health & Beauty

- ___ Sunscreen
- ___ Shampoo
- ___ Conditioner
- ___ Hair Styling Products
- ___ Deodorant
- ___ Bath Soap/Body Wash
- ___ Feminine Supplies
- ___ Pantyhose
- ___ Makeup
- ___ Face Wash
- ___ Toothpaste
- ___ Mouthwash
- ___ Dental Floss
- ___ Body Lotion
- ___ Face Lotion
- ___ Contact Lens Solution
- ___ Bandages
- ___ Antiseptic Cream
- ___ Medicines
- ___ Vitamins/Supplements
- ___ Razors
- ___ Shaving Cream
- ___ Cotton Balls
- ___ Cotton Swabs
- ___ Hand soap/sanitizer

Miscellaneous

- ___ Film
- ___ Batteries
- ___ Cards/Gift Wrap
- ___ Light Bulbs
- ___ Ice