

# grocery shopping checklist

## Dairy

- Eggs
- Milk
- Butter
- Margarine
- Cheese
- Cottage cheese
- Cream cheese
- Sour cream
- Yogurt
- Whipped cream
- Half and half
- Cream
- Notes:
- Notes:

## Bakery

- Bread
- French bread
- Specialty bread
- Croissants
- Bagels
- Rolls
- Pastries
- Pies
- Cakes
- Cookies
- Donuts
- Muffins
- Notes:
- Notes:

## Beverages

- Alcohol
- Beer
- Wine
- Bottled water
- Tonic water
- Sodas
- Energy drinks
- Protein/diet drinks
- Drink mixes
- Lemonade
- Juice/juice boxes
- Tea
- Coffee
- Notes:
- Notes:

## Paper & cleaning

- Kitchen products
- Napkins
- Plastic bags
- Plastic wrap
- Aluminum foil
- Waxed paper
- Tissues, bath
- Tissues, facial
- Paper plates/cups
- Paper towels
- Dish soap
- Dishwasher detergent
- Laundry detergent

## Meat

- Ground beef
- Ground turkey/chicken
- Steak
- Chicken
- Turkey
- Fish
- Lamb
- Pork
- Ham
- ribs
- Seafood
- Bacon
- Hot dogs
- Sausage
- Notes:
- Notes:

## Fruit

- Apples
- Bananas
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Lemons
- Limes
- Oranges
- Melons
- Peaches
- Pears
- Pineapple
- Strawberries
- Watermelon
- Prunes
- Raisins
- Notes:
- Notes:

## Other grocery foods

- Coffee
- Tea
- Cookies
- Crackers
- Tortillas
- Cereal
- Chips, potato
- Chips, tortilla
- Pasta
- Mac & cheese
- Rice
- Popcorn
- Nuts
- Olives
- Pickles
- Oil
- Salad dressing
- Vegetables, canned
- Soup, canned
- Sauce, pasta
- Sauce, tomato
- Soup, dry mix
- Dried fruit/nuts/seeds
- Candy
- Peanut butter
- Nut butter
- Jam/jelly
- Honey
- Mayonnaise
- Mustard
- Ketchup
- Beans
- Spice/seasonings
- Sugar, brown
- Sugar, white
- Syrup
- Salt
- Flour
- Chocolate chips
- Snacks
- Notes:
- Notes:

## Baby stuff

- Diapers
- Diaper wipes
- Bottles
- Bottle brush
- Bottle nipples
- Pacifiers
- Formula
- Baby food
- Crackers
- Finger foods
- Powder
- Ointment/cream
- Gas drops
- Pain reliever
- Medication
- Wipes
- Notes:
- Notes:

## Vegetables

- Asparagus
- Avocados
- Beans
- Beets
- Bell Peppers
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Garlic
- Kiwis
- Lettuce
- Mushrooms
- Onions
- Peas
- Potatoes
- Spinach
- Sprouts
- Squash
- Tomatoes

## Deli

- Sandwiches
- Cheese
- Meats
- Hot chicken
- Prepared salads
- Pizza

## Frozen foods

- Breakfast
- Waffles
- Dinners
- Pizza
- Chicken nuggets/wings
- TV dinners
- Juice bars
- Potatoes
- Vegetables
- Fruit
- Desserts
- Pastries
- Pies
- Ice Cream
- Ice

## Personal care

- Shampoo
- Conditioner
- Hair care
- Deodorant
- Soap, body
- Soap, hand
- Toothpaste
- Vitamins
- Lotion
- Feminine products
- Mosquito
- Bug spray
- Hand sanitizer
- First aid

## Other

- Wrapping paper
- Ribbon
- Greeting cards
- Hardware
- Automobile
- Pet food / supplies
- School supplies
- Batteries
- Decorations