

# The Grocery List! {compliments of [www.canadianfreestuff.com](http://www.canadianfreestuff.com)}

<p><b>FRESH FOOD</b></p> <p><b>Fresh Vegetables</b></p> <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Corn <input type="checkbox"/> Cucumbers <input type="checkbox"/> Lettuce <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Peppers <input type="checkbox"/> Potatoes <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Tomatoes <input type="checkbox"/> Zucchini <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Condiments/Sauces</b></p> <input type="checkbox"/> BBQ Sauce <input type="checkbox"/> Cheese Whiz <input type="checkbox"/> Honey <input type="checkbox"/> Hot Sauce <input type="checkbox"/> HP Sauce <input type="checkbox"/> Jam/Jelly <input type="checkbox"/> Ketchup/Mustard <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Oil <input type="checkbox"/> Pasta Sauce <input type="checkbox"/> Pickles <input type="checkbox"/> Peanut Butter <input type="checkbox"/> Salad Dressing <input type="checkbox"/> Salsa <input type="checkbox"/> Soya Sauce <input type="checkbox"/> Syrup <input type="checkbox"/> Vinegar	<p><b>Dairy</b></p> <input type="checkbox"/> Butter/Margarine <input type="checkbox"/> Cheddar Cheese <input type="checkbox"/> Coffee Cream <input type="checkbox"/> Cottage Cheese <input type="checkbox"/> Cream Cheese <input type="checkbox"/> Dips <input type="checkbox"/> Feta Cheese <input type="checkbox"/> Fruit Juice <input type="checkbox"/> Heavy Cream <input type="checkbox"/> Milk <input type="checkbox"/> Mozzarella <input type="checkbox"/> Sliced Cheese <input type="checkbox"/> Sour Cream <input type="checkbox"/> Swiss Cheese <input type="checkbox"/> Whipped Cream <input type="checkbox"/> Tofu <input type="checkbox"/> Yogurt <input type="checkbox"/> Eggs	<p><b>Baked Goods</b></p> <input type="checkbox"/> Bagels/Muffins <input type="checkbox"/> Bread <input type="checkbox"/> Cake/Cookies/Pies <input type="checkbox"/> Donuts <input type="checkbox"/> Muffins <input type="checkbox"/> Pastries <input type="checkbox"/> Pita Bread <input type="checkbox"/> Tortillas <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>HOUSEHOLD</b></p> <p><b>Personal Care</b></p> <input type="checkbox"/> Condoms/Protection <input type="checkbox"/> Cotton Swabs <input type="checkbox"/> Deodorant <input type="checkbox"/> Feminine Products <input type="checkbox"/> Floss <input type="checkbox"/> Chapstick <input type="checkbox"/> Moisturizer <input type="checkbox"/> Mouthwash <input type="checkbox"/> Q tips <input type="checkbox"/> Razors <input type="checkbox"/> Shampoo/Conditioner <input type="checkbox"/> Sunblock <input type="checkbox"/> Tooth Brush <input type="checkbox"/> Tooth Paste <input type="checkbox"/> Vitamins <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Cosmetics</b></p> <input type="checkbox"/> Hairspray <input type="checkbox"/> Foundation <input type="checkbox"/> Mascara <input type="checkbox"/> Eyeliner <input type="checkbox"/> Eyeshadow <input type="checkbox"/> Tweezers <input type="checkbox"/> Moisturizer <input type="checkbox"/> Nail Clippers <input type="checkbox"/> Nail File <input type="checkbox"/> Nail Polish <input type="checkbox"/> Blush <input type="checkbox"/> Lipstick <input type="checkbox"/> Lip Gloss <input type="checkbox"/> Eye Cream <input type="checkbox"/> Wrinkle Cream <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><b>Fresh fruits</b></p> <input type="checkbox"/> Apples <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> Cherries <input type="checkbox"/> Kiwis <input type="checkbox"/> Grapes <input type="checkbox"/> Grapefruit <input type="checkbox"/> Lemons <input type="checkbox"/> Melons <input type="checkbox"/> Nectarines <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plumbs <input type="checkbox"/> Strawberries <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Various Groceries</b></p> <input type="checkbox"/> Cereal <input type="checkbox"/> Coffee Grounds <input type="checkbox"/> Coffee Filters <input type="checkbox"/> Instant Potatoes <input type="checkbox"/> Lemon/Lime Juice <input type="checkbox"/> Oatmeal <input type="checkbox"/> Packaged Meals <input type="checkbox"/> Pancake Mix <input type="checkbox"/> Pasta/Macaroni <input type="checkbox"/> Rice <input type="checkbox"/> Soup Mix <input type="checkbox"/> Tea <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Meat</b></p> <input type="checkbox"/> Bacon/sausage <input type="checkbox"/> Beef <input type="checkbox"/> Ground Beef <input type="checkbox"/> Ham <input type="checkbox"/> Hot Dogs <input type="checkbox"/> Lunch Meat <input type="checkbox"/> Pork <input type="checkbox"/> Turkey <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Kids Lunch Stuff</b></p> <input type="checkbox"/> Bread <input type="checkbox"/> Cheese/Crackers <input type="checkbox"/> Fruit Roll Ups <input type="checkbox"/> Jello/Fruit cups <input type="checkbox"/> Juice Boxes <input type="checkbox"/> Lunch Meat <input type="checkbox"/> Granola Bars <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Medicine</b></p> <input type="checkbox"/> Allergy <input type="checkbox"/> Antidiarrheal <input type="checkbox"/> Antacid <input type="checkbox"/> Band Aids/Medical <input type="checkbox"/> Cold Flu/Sinus <input type="checkbox"/> Pain Reliever <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Office Supplies</b></p> <input type="checkbox"/> CDs/DVDs <input type="checkbox"/> Envelopes <input type="checkbox"/> Glue/Tape <input type="checkbox"/> Paper <input type="checkbox"/> Pens/Pencils <input type="checkbox"/> Stamps <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><b>Beverages</b></p> <input type="checkbox"/> Club Soda <input type="checkbox"/> Cooking Wine <input type="checkbox"/> Energy Drinks <input type="checkbox"/> Juice <input type="checkbox"/> Soda Pop <input type="checkbox"/> Sports Drink <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Canned food</b></p> <input type="checkbox"/> Apple sauce <input type="checkbox"/> Beans <input type="checkbox"/> Broth <input type="checkbox"/> Fruit <input type="checkbox"/> Olives <input type="checkbox"/> Canned Soup <input type="checkbox"/> Soup Mix <input type="checkbox"/> Tuna/Chicken <input type="checkbox"/> Tomatoes <input type="checkbox"/> Veggies <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Seafood</b></p> <input type="checkbox"/> Crab <input type="checkbox"/> Lobster <input type="checkbox"/> Mussels <input type="checkbox"/> Oysters <input type="checkbox"/> Salmon <input type="checkbox"/> Shrimp <input type="checkbox"/> Tuna <input type="checkbox"/> White Fish <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Pets</b></p> <input type="checkbox"/> Bird Food <input type="checkbox"/> Cat Food/Treats <input type="checkbox"/> Cat Litter <input type="checkbox"/> Dog Food/Treats <input type="checkbox"/> Fish Food <input type="checkbox"/> Fish Filters <input type="checkbox"/> Flea Treatment <input type="checkbox"/> Pet Shampoo <input type="checkbox"/> Pet Toy <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Kitchen</b></p> <input type="checkbox"/> Aluminum Foil <input type="checkbox"/> Freezer Bags <input type="checkbox"/> Napkins <input type="checkbox"/> Paper Plates <input type="checkbox"/> Plastic Cutlery <input type="checkbox"/> Plastic Wrap <input type="checkbox"/> Sandwich Bags <input type="checkbox"/> Wax Paper <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Other stuff</b></p> <input type="checkbox"/> Batteries <input type="checkbox"/> Books <input type="checkbox"/> Insect Repellent <input type="checkbox"/> Light Bulbs <input type="checkbox"/> Propane <input type="checkbox"/> Greeting Cards <input type="checkbox"/> Newspapers <input type="checkbox"/> Magazines <input type="checkbox"/> Wrapping Paper <input type="checkbox"/> _____ <input type="checkbox"/> _____
<p><b>Frozen</b></p> <input type="checkbox"/> Breakfast/Waffles <input type="checkbox"/> Burritos <input type="checkbox"/> Fish <input type="checkbox"/> Ice cream/Sorbet <input type="checkbox"/> Frozen Juice <input type="checkbox"/> Pizzas <input type="checkbox"/> Popsicles <input type="checkbox"/> Frozen Dinners <input type="checkbox"/> Vegetables <input type="checkbox"/> Perogies <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Spices &amp; herbs</b></p> <input type="checkbox"/> Basil <input type="checkbox"/> Black Pepper <input type="checkbox"/> Bouillon Cubes <input type="checkbox"/> Cilantro <input type="checkbox"/> Cinnamon <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Gravy Mix <input type="checkbox"/> Mint <input type="checkbox"/> Onion salt <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <input type="checkbox"/> Salt <input type="checkbox"/> Steak Spice	<p><b>Baking</b></p> <input type="checkbox"/> Baking Powder <input type="checkbox"/> Baking Soda <input type="checkbox"/> Bread Crumbs <input type="checkbox"/> Cake Icing <input type="checkbox"/> Cake Mix <input type="checkbox"/> Chocolate Chips <input type="checkbox"/> Cocoa <input type="checkbox"/> Decorations <input type="checkbox"/> Flour <input type="checkbox"/> Icing Sugar <input type="checkbox"/> Muffin Mix <input type="checkbox"/> Pie Filling <input type="checkbox"/> Shortening <input type="checkbox"/> Sugar <input type="checkbox"/> Vanilla <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>Cleaning Products</b></p> <input type="checkbox"/> Air Fresheners <input type="checkbox"/> Bleach <input type="checkbox"/> Dish Soap <input type="checkbox"/> Dishwasher Soap <input type="checkbox"/> Garbage Bags <input type="checkbox"/> Glass Cleaner <input type="checkbox"/> Kleenex <input type="checkbox"/> Laundry Soap <input type="checkbox"/> Paper Towel <input type="checkbox"/> Toilet Paper <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<p><b>CHECK LIST</b></p> <p><b>When you go..</b></p> <input type="checkbox"/> Take canvas bags <input type="checkbox"/> Plastic bags to recycle <input type="checkbox"/> See coupons! <input type="checkbox"/> Propane refill for grill? <input type="checkbox"/> Need to return anything?	<p><b>Before you check out</b></p> <input type="checkbox"/> Need ice? <input type="checkbox"/> Rent a movie? <input type="checkbox"/> Stock up on sale items? <input type="checkbox"/> Hand over your coupons!

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

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