

grocery list

FRUITS

Apples _____
Bananas _____
Oranges _____
Lemons _____
Berries _____
Grapes _____
Melons _____

VEGETABLES

Lettuce _____
Spinach _____
Carrots _____
Onions _____
Garlic _____
Tomatoes _____
Cucumbers _____
Squash _____
Potatoes _____
Broccoli _____

MEAT

Beef _____
Chicken _____
Turkey _____
Fish _____
Seafood _____
Pork _____
Sausage _____
Hot Dogs _____
Hamburgers _____
Cold Cuts _____

DAIRY

Milk _____
Juice _____
Cheese _____
Butter _____
Eggs _____
Tortillas _____
Yogurt _____
Whipped Cream _____

PACKAGED

Snacks _____
Chips _____
Cookies _____
Crackers _____
Popcorn _____
Pretzels _____
Nuts _____
Candy _____
Dips/Salsa _____
Fruit Cups _____
Energy Bars _____

BREADS

White _____
Wheat _____
Fresh Baked _____
Bagels _____
Muffins _____
English Muffins _____
Pita _____
Rolls _____
Donuts/Pastries _____

GRAINS

Pasta _____
Rice _____
Couscous _____
Dried Beans _____
Stuffing _____
Bread Crumbs _____

BREAKFAST FOOD

Oatmeal _____
Pancake Mix _____
Granola _____
Cereal Bars _____
Syrup _____
Cereals _____

CANNED

Soup _____
Broth _____
Tomatoes _____
Pasta Sauce _____
Beans _____
Tuna _____
Fruits _____
Vegetables _____

BEVERAGES

Soda _____
Beer _____
Energy Drinks _____
Juice _____
Water _____

BAKING GOODS

Baking Mixes _____
Flours _____
Sugars _____

MISCELLANEOUS

Ketchup _____
Mayonnaise _____
Salad Dressing _____
Peanut Butter _____
Jelly _____
Coffee _____
Tea _____
Oils _____
Vinegar _____
Salt _____
Pepper _____
Spices _____

FROZEN

Ice Cream _____
Waffles _____
Pizza _____
Fries _____
Bread _____
Meals _____
Snacks _____
Juice _____
Vegetables _____

HOUSEHOLD GOODS

Cleaning Products _____
Dish Liquid _____
Hand Soap _____
All-purpose _____
Bathroom _____
Floor/Carpet _____
Wood/Furniture _____
Glass/Window _____
Sponges _____
Trash Bags _____
Air Freshener _____
Hand Sanitizer _____
Miscellaneous _____

LAUNDRY

Detergent _____
Fabric Softener _____
Bleach _____
Starch _____
Stain Remover _____

PAPER PRODUCTS

Napkins _____
Paper Towels _____
Facial Tissue _____
Bathroom Tissue _____
Paper Plates _____
Paper Cups _____

MISC. HOUSEHOLD

Lunch Bags _____
Storage Bags _____
Storage Containers _____
Batteries _____
Coffee Filters _____

OTHER

