

# Grocery List

## Fresh Fruit and Vegetables

- Bananas/Strawberries
- Grapes/Apples/Oranges
- Peach/Pear/Nectarines
- Lemon/Lime**
- Carrots**
- Cucumber/**Zucchini**
- Tomato
- Lettuce/Spinach/**Cabbage**
- Onions: green, large white, sweet & pearl**
- Potatoes/Sweet Potatoes**
- Peppers (Red, Green, Yellow)**
- Broccoli, Cauliflower
- Fresh herbs: Garlic, Parsley, dill, basil leaves, rosemary & Oregano Leaves**
- Other: Celery**
- Other: Butternut Squash**
- Other: Mushrooms**

## Breads

- Tortilla Shells**
- Bagels
- Buns**
  - Hamburger
  - Hotdog
  - Dinner/Lunch**
- Bread, Loaf**
- Other: \_\_\_\_\_

## Meats & Deli

- Ground Beef**
- Beef**
  - Steak**
  - Roast**
  - Stew Meat**
- Chicken: Pieces – breast, drumsticks & thighs**
- Pork**
  - Chops**
  - Roast**
- Fish**
  - Salmon Steaks or fillets**
- Lunchmeats
- Bacon/Breakfast Sausage
- Other: Ham**

## Dry Goods

- Pasta: Egg**
- Pasta: Spaghetti Noodles**
- Pasta: Rotini or Penne & Lasagne**
- Rice: Seasoned Long Grain & Wild Rice**
- Rice: instant white**
- Canned Browned Beans**
- Canned Refried Beans**
- Canned Tomatoes, crushed**
- Canned Tomato Sauce**
- Canned Tomato Paste**
- Canned Mushrooms
- Other Canned Vegetables**
  - Pasta Sauce**

## Dry Goods con't

- Salsa**
- Canned Fruit
- Pickles
- Ketchup, Mustard (Dijon & dry)**
- Mayonnaise**
- Peanut Butter
- Jelly/Jam/Honey
- Canned Meat (Tuna/Salmon)
- Salad Dressing\_\_\_\_\_
- Soy Sauce/Hot Sauce**
- Worcestershire Sauce**
- Heinz 57 Sauce
- BBQ Sauce**
- Other: Beef Broth**
- Other: Chicken Broth**
- Other: Sliced Green Olives**
- Other: Cream of Celery Soup**
- Other: Cream of Chicken Soup**
- Other: Prepared Basi Pesto**
- Other: pitted kalamata olives**

## Baking Supplies

- Baking powder/Soda
- Vegetable Oil**
- Olive Oil**
- Non Stick Spray**
- Sugar – White/Brown**
- Red Wine Vinegar/White Vinegar**
- Yeast
- Flour – Brown/White**
- Marshmallows/Chocolate Chips
- Spices, dried: Paprika, ground cumin, ground nutmeg, salt & pepper, Italian seasoning, chili powder, cayenne pepper, salt-free seasoning blend, garlic powder, garlic salt, dried thyme, bay leaves**
- Other: Cornstarch**
- Other: Pearl Barley**

## Cereals & Grains

- Breakfast Cereal:\_\_\_\_\_
- Oatmeal/Granola
- Cereal/Oatmeal Bars
- Other:\_\_\_\_\_

## Frozen Foods

- Frozen Vegetables**
  - Peas**
  - Whole Green Beans**
  - Broccoli Spears**
  - Mixed Vegetables**
- Perogies
- French fries
- Hashbrowns
- Ice Cream
- Frozen Fruit\_\_\_\_\_
- Other:\_\_\_\_\_

## Dairy

- Butter/Margarine**
- Milk**

## Dairy con't

- Cheese:medium cheddar, shredded**
- Cheese:garlic & herb spreadable cheese**
- Yogurt
- Cream Cheese**
- Sour Cream/cream
- Eggs**
- Other: Cottage Cheese**
- Other: Feta Cheese**
- Other: Mozzarella Cheese**
- Other: Buttermilk**

## Snack Food

- Crackers
  - Ritz/Snack
  - Soda/Soup
- Popcorn/Chips/Pretzels
- Nuts: Almonds**
- Craisins/**Raisins**

## Drinks

- Coffee/**Tea**
- Pop
- Juice
- Iced Tea/Hot Chocolate
- Other: Lime Juice**
- Other: Tomato Juice**

## Other Supplies

- Tin foil/Saran Wrap
- Wax Paper
- Parchment Paper**
- Sandwich/snack bags
- Other bags (freezer etc.)
- Paper Towel
- Toilet Paper
- Dish Soap
- Dishwasher Soap
- Laundry Soap
- Fabric Softener
- Stain Remover
- Toilet Paper
- Kleenex
- Other Cleaners:\_\_\_\_\_
- Other Cleaners:\_\_\_\_\_
- Shampoo/Conditioner
- Face soap
- Deodorants
- Mouthwash
- Toothbrushes
- Toothpaste
- Dental Floss
- Diaper cream
- Baby wipes/Diapers
- Other:\_\_\_\_\_
- Other:\_\_\_\_\_

## Any Other Misc. Items

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## Notes:

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