

Grocery List

Fresh Vegetables

___ Asparagus
___ Bell Pepper
___ Broccoli
___ Cabbage
___ Carrots
___ Cauliflower
___ Celery
___ Corn
___ Cucumbers
___ Garlic
___ Green Beans
___ Lettuce
___ Mushrooms
___ Onions
___ Potatoes
___ Red/Green Chili's
___ Snow Peas
___ Spinach
___ Squash
___ Sweet Potatoes
___ Tomatoes
Other _____
Other _____

Fresh Fruits

___ Apples
___ Avocados
___ Bananas
___ Blueberries
___ Grapefruit
___ Grapes
___ Melon
___ Oranges
___ Peaches
___ Pears
___ Pineapple
___ Plums
___ Strawberries
Other _____
Other _____

Cereal & Dry Goods

___ Breakfast Cereal/Bars
___ Dried Beans
___ Grits
___ Oatmeal
___ Macaroni
___ Mac & Cheese Dinner
___ Pasta
___ Rice
___ Toaster Pastries
Other _____
Other _____

Meats, Fish & Poultry

___ Bacon
___ Chicken
___ Deli Meats
___ Fish/Seafood
___ Ground Beef
___ Ham
___ Hot Dogs
___ Liver
___ Pork Chops
___ Roast
___ Sausage
___ Steak
___ Turkey
Other _____
Other _____
Other _____

Dairy

___ Butter
___ Cheese
___ Cottage Cheese
___ Cream Cheese
___ Eggs
___ Margarine
___ Milk
___ Sour Cream
___ Yogurt
Other _____

Bread

___ Crackers
___ Hamburger Buns
___ Bread
___ Biscuits/Rolls
___ Tortillas
Other _____

Baking Goods

___ Baking Powder
___ Baking Soda
___ Brown Sugar
___ Cake Mix
___ Cocoa
___ Flour
___ Nuts
___ Powdered Sugar
___ Pudding Mix
___ Salt
___ Spices
___ Sugar
___ Sugar Alternative
___ Yeast
Other _____

Frozen Foods

___ French Fries
___ Ice Cream
___ Popsicles
___ Vegetables
___ TV Dinners
Other _____
Other _____
Other _____

Canned Fruits, Vegetables & Other

___ Applesauce
___ Asparagus
___ Baked Beans
___ Carrots
___ Chili
___ Corn
___ Green Beans
___ Peas
___ Pinto Beans
___ Pork and Beans
___ Potatoes
___ Tomatoes
___ Peaches
___ Pears
___ Pineapple
___ Mixed Fruit
___ Pie Filling
___ Soup
Other _____
Other _____
Other _____

Condiments

___ BBQ Sauce
___ Honey
___ Peanut Butter
___ Hot Sauce
___ Jelly
___ Ketchup
___ Mayonnaise
___ Mustard
___ Olive Oil
___ Canola/Veg. Oil
___ Salsa
___ Soy Sauce
___ Steak Sauce
___ Syrup
___ Salad Dressing
___ Worcestershire
Other _____
Other _____
Other _____

Snacks

___ Brownies
___ Cakes
___ Candy
___ Chips
___ Cookies
___ Pretzels
___ Popcorn
Other _____

Baby

___ Formula
___ Diapers
___ Baby Food
___ Baby Shampoo
___ Baby Wipes
___ Cereal

Drinks

___ Juice
___ Coffee
___ Tea
___ Creamer
___ Soda
___ Beer/Wine
Other _____

Other

___ Bath Soap
___ Cigarettes
___ Coffee Filters
___ Deodorant
___ Dishwashing Soap
___ Dishwasher Detergent
___ Fabric Softener
___ Laundry Detergent
___ Napkins
___ Paper Towels
___ Personal Care Products
___ Razor(s)
___ Shaving Cream
___ Shampoo/Conditioner
___ Spot Remover Spray
___ Toilet Tissue
___ Facial Tissue
___ Toothpaste
___ Floss
___ Mouthwash
Other _____
Other _____

Pet Supplies

___ Food & Snacks
___ Litter