



Shopping Guide

PRODUCE

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Garlic
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Tomatoes

CANNED

- Apple Sauce
- Baby Food
- Canned Fruit
- Chili
- Mushrooms
- Soup
- Spaghetti Sauce
- Tomato Paste
- Tuna
- Vegetables

MEAT, FISH, POULTRY

- Bacon
- Beef/Steak
- Chicken
- Deli Meats
- Fish/Seafood
- Ham
- Hot Dogs
- Pork
- Sausage
- Turkey

DAIRY

- Butter
- Cheese
- Cottage Cheese
- Cream Cheese
- Eggs
- Margarine
- Milk
- Parmesan
- Sour Cream
- Whipped Cream
- Yogurt

FROZEN

- Desserts
- Egg Substitutes
- Ice Cream
- Juices
- Pizza
- Potatoes
- Vegetables
- Waffles

DRY GOODS

- Beans/Lentils
- Breadcrumbs
- Hot Chocolate mix
- Pasta/Noodles
- Rice

FRUIT

- Apples
- Bananas
- Lemons
- Limes
- Melons
- Oranges
- Strawberries
- Watermelons

LAUNDRY

- Bleach
- Detergent
- Fabric Softener
- Stain Remover

BREADS

- Bagels
- Bread/Rolls
- Buns
- English Muffins

BAKING

- Baking Powder
- Baking Soda
- Cake Mix
- Chocolate Chips
- Cornstarch
- Flour
- Gelatin
- Nuts
- Pancake Mix
- Pepper/Salt
- Raisins
- Spices
- Sugar
- Vanilla

PAPER GOODS

- Aluminum Foil
- Facial Tissue
- Garbage Bags
- Lunch Bags
- Napkins
- Paper Towel
- Plastic Wrap
- Sandwich Bags
- Straws
- Toilet Paper

BEVERAGES

- Beer/Wine
- Bottled Water
- Coffee/Tea
- Kool Aid
- Orange Juice
- Soft Drinks

SNACKS

- Bakery Items
- Candy
- Crackers
- Cookies
- Low Fat Items
- Mixed Nuts
- Popcorn
- Potato Chips

HEALTH AND BEAUTY

- Bandages
- Bar Soap
- Conditioner
- Deodorant
- Liquid Soap
- Razors
- Shampoo
- Shaving Cream
- Toothbrush
- Toothpaste

KITCHEN

- Detergent
- Floor Cleaner
- Furniture Polish
- Glass Cleaner
- Kitchen Cleaner
- Scouring Pads

MISC.

- Air Freshener
- Batteries
- Condiments
- Honey
- Ice
- Jelly/Jam
- Ketchup
- Light Bulbs
- Mayonnaise
- Mustard
- Oil
- Olives
- Olive Oil
- Peanut Butter
- Pet Food
- Pet Supplies
- Pickles/Relish
- Salsa
- Salad Dressing
- Shortening
- Soy Sauce
- Stamps
- Syrup
- Toilet Cleaner
- Vinegar
- Vitamins

WRITE IN YOUR OWN:

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