

GROCERY SHOPPING LIST

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BREAD/BAKERY:

- sandwich bread
- bagels
- English muffins
- French bread
- dinner rolls
- corn tortillas
- flour tortillas
- flat bread

PASTA/BEANS:

- egg noodles
- spaghetti noodles
- rice
- beans

DAIRY/EGGS:

- butter
- biscuits
- yogurt
- sour cream
- gallons 1% milk
- gallons ½ % milk
- quart half-n-half
- dozen eggs
- orange juice

DRY GOODS/BAKING:

- flour
- sugar
- quick oats

PAPER GOODS:

- diapers
- wet wipes
- paper towels
- paper napkins
- maxi pads

PRODUCE:

- apples
- bananas
- strawberries
- grapes
- lemons
- pineapple
- kiwi
- green onion
- zucchini
- lettuce
- cabbage
- spinach
- carrots
- onions (red/ yellow)
- broccoli
- cauliflower
- potatoes
- avocados
- tomatoes

CANNED FOODS:

- refried beans
- chili
- cream of chicken soup
- tomato soup
- ranch style beans

CONDIMENTS/SPICES:

- salad dressing
- olives
- mayonnaise
- mustard

CLEANING SUPPLIES:

- dishwashing liquid
- dishwashing tablets
- laundry detergent

MEAT/CHEESE:

- salmon
- ground sirloin
- boneless chicken breasts
- turkey breast
- luncheon meat
- tamales
- grated cheese

PREPARED FOODS:

- guacamole
- velveta cheese

SNACK FOODS:

- tortilla chips
- granola bars
- nilla wafers
- crackers
- pop tarts
- pop corn
- peanuts
- goldfish
- raisins

FROZEN FOOD:

- ice cream (vanilla/ other)
- vegetables
- pizza
- orange juice

HEALTH/HYGIENE:

- toothpaste
- deoderant
- cold medicine
- band-aids
- tylenol