

FOOD

FRESH VEGETABLES

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Lettuce/Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes
- _____
- _____
- _____

FRESH FRUIT

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons/Limes
- Oranges
- Peaches
- Pears
- Plums
- _____
- _____
- _____

FRIDGE ITEMS

- Chip dip
- English muffins
- Eggs
- Fruit juice
- Hummus
- Tofu
- _____
- _____
- _____

FROZEN

- Breakfasts
- Burritos
- Fish sticks
- Ice cream/Sorbet
- Juice concentrate
- Pizza / Pizza Rolls
- Popsicles
- Fries / Tater tots
- TV dinners
- Vegetables
- Veggie burgers
- _____
- _____

CONDIMENT/SAUCE

- Condiments/Sauces
- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam/Jelly/Preserves
- Ketchup/Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- _____
- _____
- _____

VARIOUS GROCERIES

- Cereal
- Coffee/Filters
- Instant potatoes
- Mac & cheese
- Olive oil
- Pancake/Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- _____
- _____
- _____

CANNED FOODS

- Applesauce
- Baked beans
- Chili
- Fruit
- Olives
- Tuna / Chicken
- Soups
- Tomatoes
- Veggies
- _____
- _____

THEMED MEALS

- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- _____
- _____

DAIRY

- Butter/Margarine
- Cottage cheese
- Half & half
- Milk
- Sour cream
- Whipped cream
- Yogurt
- _____
- _____

CHEESE

- Blue cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Parmesan
- Provolone
- Sandwich slices
- Swiss
- _____
- _____
- _____

MEAT

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunch meat
- Turkey
- _____
- _____
- _____

SEAFOOD

- Catfish
- Crab
- Lobster
- Mussels/Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

BEVERAGES

- Juice
- Soda pop
- Sports drink
- _____
- _____
- _____

BAKED GOODS

- Bagels/Croissants
- Buns/Rolls
- Cake/Cookies
- Donuts/Pastries
- Fresh bread
- Pie! Yummm...
- Pita bread
- _____
- _____

BAKING

- Baking powder/Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing
- Chocolate chips
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- _____
- _____

SNACKS

- Candy / Gum
- Cookies
- Crackers
- Dried fruit
- Granola bars/Mix
- Nuts/Seeds
- Oatmeal
- Popcorn
- Potato chips
- Pretzels
- _____
- _____
- _____

BABY STUFF

- Baby food
- Diapers
- Formula
- Lotion
- Wipes
- _____

PETS

- Cat food / Treats
- Cat litter
- Dog food / Treats
- Pet shampoo
- _____
- _____
- _____
- _____
- _____

SPICES & HERBS

- Basil
- Black pepper
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Salt
- Spice mix
- Vanilla extract

HOUSEHOLD

PERSONAL CARE

- Antiperspirant/Deodorant
- Bath soap
- Cosmetics
- Cotton swabs/Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel/Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors/Shaving cream
- Shampoo/Conditioner
- Sunblock
- Toilet paper
- Toothpaste
- Vitamins/Supplements
- _____
- _____

MEDICINE

- Allergy
- Antibiotic
- Acetaminophen
- Aspirin
- Antacid
- Band-aids/Medical
- Cold/Flu/Sinus
- Pain reliever
- Prescription pick-up
- _____
- _____

KITCHEN

- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich bags
- Wax paper
- _____
- _____

HOUSEHOLD

CLEANING PRODUCTS

- Air freshener
- Bathroom cleaner
- Bleach/detergent
- Dish/dishwasher soap
- Garbage bags
- Glass cleaner
- Mop/Vacuum bags
- Sponges/scrubbers
- _____
- _____

OFFICE SUPPLIES

- CDs / DVDs
- Notepad/envelopes
- Glue/tape
- Printer paper
- Pens/pencils
- Postage stamps
- _____
- _____

OTHER STUFF

- Automotive
- Batteries
- Charcoal/Propane
- Flowers/card
- Insect repellent
- Light bulbs
- Newspaper/Magazine
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

Before you leave...
 Take reusable bags!
 Need to return anything?
 Need any gas on the way?

Before you check out...
 Need ice?
 Need a gift card?
 Stock up on sale items?
 Bulk buy items?

Happy Shopping!
FROM OUR FAMILY TO YOURS