GROCERY LIST

PRODUCE

MEAT / SEAFOOD

DELI

FROZEN FOODS

CANNED GOODS

BAKERY

PASTA & GRAINS

DAIRY

BEVERAGES

SAUCES & SPREADS

BAKING GOODS

PERSONAL CARE

BABY ITEMS

HOUSEHOLD

OTHER ITEMS

GROCERY LIST

PRODUCE
- ☐ Apples
- ☐ Bananas
- ☐ Berries
- ☐ Grapes
- ☐ Oranges
- ☐ Broccoli
- ☐ Carrots
- ☐ Celery
- ☐ Lettuce/Spinach
- ☐ Onions
- ☐ Peppers
- ☐ Potatoes
- ☐ Tomatoes
- ☐ _____
- ☐ _____

MEAT / SEAFOOD
- ☐ Beef
- ☐ Chicken
- ☐ Fish
- ☐ Ground meat
- ☐ Pork
- ☐ Sausage
- ☐ _____

DELI
- ☐ Cheese
- ☐ Ham
- ☐ Turkey
- ☐ _____
- ☐ _____

FROZEN FOODS
- ☐ Fish
- ☐ Ice Cream
- ☐ Pizza
- ☐ Vegetables
- ☐ _____

CANNED GOODS
- ☐ Apple sauce
- ☐ Beans
- ☐ Broth/Stock
- ☐ Fruit
- ☐ Soup
- ☐ Tuna
- ☐ Vegetables
- ☐ _____

BAKERY
- ☐ Bread
- ☐ Cookies
- ☐ Muffins/Rolls
- ☐ Tortillas
- ☐ _____

PASTA & GRAINS
- ☐ Rice
- ☐ Cereal
- ☐ Couscous
- ☐ Granola
- ☐ Noodles
- ☐ Oatmeal
- ☐ _____
- ☐ _____

DAIRY
- ☐ Butter
- ☐ Cheese
- ☐ Eggs
- ☐ Milk
- ☐ Yogurt
- ☐ _____

BEVERAGES
- ☐ Coffee
- ☐ Juice
- ☐ Water
- ☐ _____

SAUCES & SPREADS
- ☐ Jelly/Jam
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Peanut butter
- ☐ Salad dressing
- ☐ Salsa
- ☐ Soy Sauce
- ☐ Tomato Sauce
- ☐ _____

BAKING GOODS
- ☐ Baking powder
- ☐ Flour
- ☐ Oil
- ☐ Pepper
- ☐ Salt
- ☐ Sugar
- ☐ _____
- ☐ _____

PERSONAL CARE
- ☐ Band-Aids
- ☐ Dental Floss
- ☐ Deodorant
- ☐ Feminine products
- ☐ Pain Reliever
- ☐ Razors
- ☐ Shampoo
- ☐ Soap
- ☐ Toothpaste
- ☐ _____

BABY ITEMS
- ☐ Baby food
- ☐ Diapers
- ☐ Wet wipes
- ☐ _____

HOUSEHOLD
- ☐ Batteries
- ☐ Cleaning product
- ☐ Detergent
- ☐ Dish Soap
- ☐ Paper Towels
- ☐ Tissues
- ☐ Toilet paper
- ☐ _____

OTHER ITEMS
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____