

GROCERY CHECKLIST

Produce - Vegetables

- Asparagus
- Beets
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cilantro
- Corn
- Cucumbers
- Garlic
- Parsley
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Sprouts
- Squash
- Tomatoes
- Zucchini
- _____

Produce - Fruit

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Grapes
- Kiwis
- Lemons / Limes
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Fresh Juices
- _____

Deli

- Appetizers
- Bleu cheese crumbles
- Cheddar
- Deli meat
- Feta
- Mozzarella
- Parmesan
- Party tray platters
- Pepper cheese
- Provolone
- Prepared meals
- Rotisserie chicken
- Sausage
- Salads
- Sub sandwiches
- Swiss cheese
- _____

Bakery

- Bagels
- Buns
- Cake
- Cookies
- Croissants
- Donuts
- Fresh bread
- Muffins
- Pastries
- Pie
- Pitas
- Rolls
- Sliced bread
- _____

Meat

- Bacon
- Beef
- Chicken
- Ground beef
- Ground turkey
- Ham
- Hot dogs
- Lunchmeat
- Pork
- Sausage
- Steak
- Turkey
- _____
- _____

Seafood

- Catfish
- Crab
- Halibut
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

Groc-Soups/Boxed Meals

- Boxed dinners
- Bullion cubes
- Mac & cheese
- Pasta
- Ramen
- Rice
- Soups
- _____

Floral

- Fresh flowers
- Balloons
- _____

Grocery - Canned Goods

- Applesauce
- Baked beans
- Black beans
- Carrots
- Corn
- Green beans
- Mixed fruit
- Mixed veggies
- Olives
- Oysters
- Pickles
- Refried beans
- Tuna
- Tomatoes
- _____
- _____

Groc-Condiment/Sauces

- BBQ sauce
- Cocktail sauce
- Gravy
- Honey
- Hot sauce
- Jelly / Preserves
- Ketchup
- Lemon / Lime Juice
- Mayonnaise
- Mustard
- Peanut butter
- Salsa
- Soy sauce
- Spaghetti sauce
- Steak sauce
- Tartar sauce
- Worcestershire sauce

Grocery - Breakfast

- Cereal
- Oatmeal
- Pancake / Waffle mix
- Syrup
- Toaster pastries

Grocery - Beverages

- Bottled water
- Coffee
- Juice
- Soda/Pop
- Sports drinks
- Tea
- _____

Pets

- Cat food
- Cat litter
- Dog food
- Flea treatment
- Pet shampoo

Grocery - Baking

- Baking powder
- Baking soda
- Bread crumbs
- Brown sugar
- Cake / Brownie mix
- Cake decorations
- Cake icing
- Chocolate chips
- Cocoa
- Corn starch
- Flour
- Non stick spray
- Nuts
- Pie shell
- Powdered sugar
- Pudding/Gelatin
- Shortening
- Sugar
- Yeast
- _____

Groc - Dry Herbs / Spices

- Basil
- Cilantro
- Cinnamon
- Garlic Salt
- Oregano
- Pepper
- Salt
- Vanilla extract
- _____
- _____

Grocery - Oils/Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Salad dressing
- Olive oil
- Vegetable oil
- White vinegar
- _____
- _____

Grocery - Snacks

- Candy
- Cookies
- Dried fruit
- Granola bars
- Gum
- Nuts
- Nutritional bars
- Popcorn
- Potato chips
- Pudding
- Pretzels
- Tortilla chips
- _____
- _____

Dairy

- Butter
- Coffee Creamer
- Half & half
- Heavy cream
- Margarine
- Milk
- Sour cream
- Whipped cream
- Yogurt
- _____

Dairy - Cheese

- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Mozzarella
- Parmesan
- Pepper
- Provolone
- Ricotta
- Sandwich slices
- Shredded
- Swiss
- _____
- _____

Refrigerated Items

- Chip dip
- Eggs
- Juice
- Pudding / gelatin
- Ready-bake breads
- Ready bake cookies
- Tortillas
- _____

Frozen

- Appetizers
- Bread dough
- Breakfast items
- Burritos
- Chicken Nuggets
- Desserts
- Fish sticks
- Fruit
- Garlic bread
- Ice cream
- Juices
- Pizzas
- Popsicles
- Fries / Tater tots
- Sorbet
- TV dinners
- Vegetables
- Veggie burgers
- Whip Topping
- _____

Health/Beauty Care

- Allergy/Sinus
- Antiperspirant
- Band-aids
- Bath soap
- Cold
- Conditioner
- Condoms
- Cosmetics
- Deodorant
- Eye care
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel/spray
- Hand soap
- Lip balm
- Moisturizing lotion
- Mouthwash
- Pain relief
- Prescription
- Q-Tips
- Razors
- Shampoo
- Shaving cream
- Sunscreen
- Stomach
- Toilet paper
- Toothpaste
- Vitamins
- _____

Paper/Plastic/Aluminum

- Aluminum foil
- Coffee filters
- Freezer bags
- Napkins
- Paper cups
- Paper towels
- Plastic wrap
- Plasticware
- Roasting pan
- Sandwich bags
- Wax paper
- Paper plates
- _____
- _____

Meal Ideas

- Burgers
- Chili
- Mexican
- Oriental
- Pizza
- Spaghetti
- _____
- _____

Cleaning Supplies

- Air freshener
- Bathroom cleaner
- Bleach
- Dish soap
- Dishwasher soap
- Drain cleaner
- Dryer sheets
- Fabric softener
- Floor cleaner
- Garbage bags
- Glass cleaner
- Laundry detergent
- Mop head
- Sponges / Scrubbers
- Spray polish
- Vacuum bags

General Merchandise

- Batteries
- Candles
- Charcoal
- Film
- Greeting cards
- Insect repellent
- Light bulbs
- Magazine
- Newspaper

Baby Items

- Baby food
- Bottles / Cups
- Diapers
- Diaper lotion
- Formula
- Wipes
- _____

Office Supplies

- Envelopes
- Glue
- Notepads
- Paper
- Pens / Pencils
- Scotch tape
- _____

Alcohol

- Beer
- Champagne
- Club soda
- Gin
- Rum
- Tonic
- Vodka
- Whiskey
- Wine
- _____
- _____