

## Fresh vegetables

- Asparagus
- Beets
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Sprouts
- Squash
- Tomatoes
- Zucchini
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Cheese

- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Shredded
- Swiss
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- Butter
- Half & half
- Heavy cream
- Margarine
- Milk
- Sour cream
- Whipped cream
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_

## Meats

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

## Seafood

- Cocktail sauce
- Crab
- Halibut
- Oysters
- Salmon
- Shrimp
- Tilapia
- Catfish
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- Breakfasts
- Burritos
- Desserts
- Fish sticks
- Fries / Tater tots
- Ice cream
- Juice concentrate
- Pizzas
- Popsicles
- Sorbet
- TV dinners
- Vegetables
- Veggie burgers
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Refrigerated items

- Bagels
- English muffins
- Chip dip
- Eggs/Fake eggs
- Fruit juice
- Ready-bake breads
- Tofu
- Tortillas
- \_\_\_\_\_
- \_\_\_\_\_

## Bakery

- Bagels
- Buns
- Cake
- Cinnamon Rolls
- Cookies
- Croissants
- Donuts
- Fresh Bread
- Pastries
- Pie
- Pitas
- Rolls
- Sliced Bread
- \_\_\_\_\_
- \_\_\_\_\_

## Canned Foods

- Applesauce
- Baked Beans
- Beans
- Broth
- Carrots
- Corn
- Gravy
- Mixed Fruit
- Mixed Veggies
- Olives
- Pasta Sauce
- Pickles
- Refried Beans
- Tuna
- Soups
- Tomatoes
- \_\_\_\_\_
- \_\_\_\_\_

## Starch

- Rice
- Ramen
- Mac & Cheese
- Pasta
- Dried Potatoes
- \_\_\_\_\_

## Cooking

- Baking powder
- Baking soda
- Bouillon cubes
- Bread crumbs
- Brown sugar
- Cake decorations
- Cake icing
- Cake mix
- Brownie mix
- Chocolate chips
- Cocoa
- Flour
- Pie shell
- Powdered sugar
- Shortening
- Sugar
- Yeast
- \_\_\_\_\_
- \_\_\_\_\_

## Spices & Herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Oregano
- Parsley
- Red pepper
- Salt
- Vanilla extract
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Oils & Vinegars

- Apple cider vinegar
- Balsamic vinegar
- Salad dressing
- Olive oil
- Vegetable oil
- White vinegar
- \_\_\_\_\_
- \_\_\_\_\_

## Beverages

- Coffee
- Soda pop
- Tea
- Bottled water
- Juice
- Club soda
- Wine
- Sports drink
- \_\_\_\_\_

## Condiments /

### Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup
- Mayonnaise
- Peanut butter
- Relish
- Mustard
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- Lemon/Lime juice
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Breakfast

- Cereal
- Oatmeal
- Pancake/Waffle mix
- Pop tarts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Snacks

- Candy
- Cookies
- Crackers
- Chip dip
- Dried fruit
- Granola bars
- Gum
- Nuts/Seeds
- Popcorn
- Potato chips
- Pudding
- Pretzels
- Tortilla chips
- \_\_\_\_\_
- \_\_\_\_\_

### Baby

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

## Personal Care

- Antiperspirant
- Bath soap / Hand soap
- Cosmetics
- Cotton balls
- Deodorant
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair spray/gel
- Lip balm
- Lotions
- Mouthwash
- Q-tips
- Razors
- Shampoo / Conditioner
- Shaving cream
- Toilet paper
- Toothpaste
- Sunscreen
- \_\_\_\_\_

## Medicine

- Allergy
- Antibiotic
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids
- Cold/flu
- Pain reliever
- Prescription
- Vitamins
- \_\_\_\_\_
- \_\_\_\_\_

## Cleaning Products

- Air freshener
- Bathroom cleaner
- Bleach
- Dish soap
- Dryer sheets
- Fabric softener
- Floor cleaner
- Garbage bags
- Glass cleaner
- Laundry detergent
- Oven cleaner
- Paper towels
- Sponges
- Furniture polish
- Vacuum bags
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Pets

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

## Kitchen

- Aluminum foil
- Coffee filters
- Disposable cups
- Disposable cutlery
- Disposable plates
- Freezer bags
- Napkins
- Non-stick spray
- Plastic wrap
- Sandwich bags
- Wax paper
- \_\_\_\_\_
- \_\_\_\_\_

## Other Stuff

- Automotive
- Batteries
- Candles
- Charcoal
- Fresh flowers
- Greeting cards
- Insect repellent
- Hardware
- Insecticides
- Light bulbs
- Magazine
- Newspaper
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

