

# GROCERY LIST

## Produce

- Potatoes
- Mushrooms
- Onions
- Cucumbers
- Lettuce
- Spinach
- Tomato
- Green Peppers
- Asparagus
- Sweet Peppers
- Cabbage
- Carrots
- Celery
- Broccoli
- Cauliflower
- Pineapple whole
- Strawberries
- Blueberries
- Raspberries
- Bananas
- Apples
- Oranges
- Grapefruit
- Grapes
- Melon
- Nectarines
- Peaches
- Pears
- Plums
- Lemon/Limes

## Deli

- Deli Meats
- Deli Salads
- Deli Cheese
- Hot meals
- Fried Chicken
- Pizza

## Breads

- White Bread
- Whole Wheat
- Hot Dog Buns
- Hamburger Buns
- Bagels
- Biscuits
- English Muffins
- Raisin Bread
- Baguette
- All Gluten Free

## Bakery

- Breads
- Italian Bread
- Rolls
- Donuts
- Cake
- Pie
- Cinnamon Rolls
- Brownies
- Cookies
- All Gluten Free

## Beverages

- Apple Juice
- Lemonade
- Coffee/Tea
- Juices Boxes
- Orange Juice
- Pop/Soda
- Bottled Water

## Dairy

- Skim Milk
- 1% or  2% Milk
- Whole Milk
- Lactose Free
- Cookie Dough
- Dinner Roll Dough
- Butter
- Margarine
- Becel
- Eggs
- Yogurt
- Cheese Sticks
- Sliced Cheese
- Shredded Cheese
- Cream Cheese
- Cheese Whiz
- Sour Cream
- Cottage Cheese

## Condiments

- Olive Oil
- Vegetable Oil
- BBQ Sauce
- Ketchup
- Mustard
- Dijon Mustard
- Mayonnaise
- Salad Dressing
- Pickles/Relish
- Salsa
- Marinade
- Jelly/Jam
- Peanut Butter
- Salt & Pepper
- Spices

## Canned Goods

- Tuna
- Spaghetti Sauce
- Pizza Sauce
- Tomato Sauce
- Salmon

## Canned Soups

- Cr. Mushroom
- Cr. Tomato
- Cr. Chicken
- Chicken Noodle
- Vegetable Beef

## Canned Veggies

- Green Beans
- Corn
- Peas
- Carrots
- Spinach
- Kidney Beans
- Diced Tomatoes
- Whole Tomatoes

## Canned Fruits

- Applesauce
- Pineapple
- Peaches
- Pears
- Fruit Cocktail
- Mandarin Oranges

## Meats

- Ground Beef
- Chicken
- Turkey
- Veal
- Beef Roast
- Steaks
- Burger Patties
- Pork Chops
- Pork Roast
- Bacon
- Hot Dogs
- Sausage
- Brats
- Ham

## Cereals

- Cheerios
- Life
- Corn Flakes
- Oatmeal cook
- Oatmeal Instant
- Cr. Of Wheat
- Granola Bars
- Fruit Snacks

## Pasta

- Spaghetti
- Macaroni
- Lasagna
- Egg Noodles
- Shells
- Rice
- Gluten Free

## Specialty Foods

- Taco Mix
- Tortilla Shells
- Taco Sauce
- Soy Sauce
- Teriyaki Sauce
- Hoisin Sauce

## Baking

- Sugar
- Flour All Purpose
- Flour Cake & Pastry
- Baking Soda
- Baking Powder
- Yeast
- Cocoa
- Conf. Sugar
- Brown Sugar
- Pancake Mix
- Muffin Mix
- Raisins
- Cake Mix
- Brownie Mix
- Marshmallows
- Jello
- Pudding Mix
- Pancake Syrup
- Honey
- Chocolate Chips

## Snacks

- Cookies
- Crackers
- Graham Crackers
- Chips
- Dip
- Popcorn

## Health & Beauty

- Suntan Lotion
- Shampoo
- Conditioner
- Deodorant
- Bath Soap
- Feminine

## Supplies

- Toothpaste
- Mouthwash
- Lotion
- Band Aids
- Antiseptic Cream
- Vitamins
- Shaving Cream
- Razors
- Pain/Allergy
- Antacids

## Frozen Food

- Chicken nuggets
- Chicken wings
- Frozen Entrees
- Frozen Veggies
- Frozen Fruits
- Frozen Desserts
- French Fries
- Waffles
- Whip Cream
- Pie Crusts
- Pizza
- Ice Cream
- Ices

## Paper Goods

- Napkins
- Paper Towels
- Dixie Cups
- Solo Cups
- Toilet Paper
- Kleenex
- Paper Plates
- Paper Cups
- Ziploc Bags
- Trash Bags
- Foil
- Parchment Paper
- Plastic Wrap

## Cleaners

- Laundry Soap
- Fabric Softner
- Dish Soap
- Bleach
- Disinfectant

## Spray

## Baby Items

- Baby Food
- Baby Formula
- Diapers
- Baby Wipes

## Other

- Ice
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**This service is available  
provided for your convenience  
- items are Market Price + 15%.**

**We support our local  
producers.**

## Notes: