

**GROCERY SHOPPING LIST** {Check off if you use the last item} Love you, Mom

<p><b>DAIRY</b>          ___ Coffee Creamer          ___ Milk ___ ½ &amp; ½          ___ Yogurt          ___ Med. Eggs – Organic          ___ Butter or ___ Tub          ___ Instant Powdered Milk          ___ Canned Evap. Milk          ___ Mozzarella Cheese          ___ Cheddar Cheese          ___ Parmesan Cheese          ___ Sliced Sandwich          Cheese - American          ___ Buttermilk  <b>HERBS &amp; SPICES</b>          ___ Salt          ___ Black Pepper          ___ Garlic Powder          ___ Cayenne Pepper          ___ Onion Powder          ___ Chili Powder          ___ Bay leaves          ___ Oregano          ___ Cinnamon          ___ Dry Parsley          ___ Poultry Seasoning          ___ Ground Ginger          ___ Ground Cumin          ___ Cloves          ___ Nutmeg          ___ Celery Seed or Celery          Salt  <b>SOUPS</b>          ___ Cream of mushroom          ___ Cream of chicken          ___ Double Noodles          ___ Soup _____          Broth          ___ beef ___ chicken  <b>CLEANING SUPPLIES</b>          ___ Windex          ___ Bathroom Cleaner          ___ Furniture Wipes          ___ Detergent _____          ___ Clothes Rinse _____          ___ SOS Pads          ___ Clorox Spray Cleaner          ___ Dishwashing Liquid          ___ Bleach</p>	<p><b>VEGETABLES</b>  <b>Fresh</b>          ___ Cabbage          ___ Carrots          ___ Celery          ___ Greens: Spinach,          Turnip, Collard, and          Mustard,          ___ Lettuce          ___ Mushrooms          ___ Onions (Y,W,G)          ___ Potatoes          ___ Turnips          ___ Other Fresh          Veggies: _____          _____  <b>Frozen</b>          ___ Broccoli          ___ Corn          ___ Green Beans          ___ Mixed Veggies          ___ Peas &amp; Carrots          ___ Spinach  <b>Canned</b>          ___ Corn          ___ Green Beans          ___ Red Beans          ___ Peas          ___ Spaghetti Sauce          ___ Tomatoes          ___ Tomato Puree          ___ Tomato Sauce          ___ Other _____  <b>PAPER PRODUCTS</b>          ___ Toilet          ___ Towels          ___ Bowls          ___ Plates          ___ Napkins          ___ Trash bags          ___ Fem. Products    <b>EXTRAS:</b>          _____          _____          _____</p>	<p><b>FRUITS &amp; JUICES</b>  <b>Fresh</b>          ___ Apples          ___ Bananas          ___ Grapes          ___ Oranges          ___ Fresh Fruit in          Season _____  <b>Frozen</b>          ___ Blueberries          ___ Mixed Berries          ___ Popsicles  <b>Canned</b>          ___ Apple Juice          ___ Lemons ___ Limes          Juice          ___ Mixed Fruit          ___ Peaches          ___ Pears          ___ Pineapple  <b>Dried</b>          ___ Prunes          ___ Raisins  <b>CONDIMENTS</b>          ___ Bouillon Cubes          ___ Hot Sauce          ___ Jam or Jelly          ___ Ketchup          ___ Mayonnaise          ___ Olives          ___ Black ___ Green          ___ Yellow Mustard          ___ Peanut Butter          ___ Pickles/Relish          ___ Salsa- Picante          ___ Soy Sauce          ___ Syrup          ___ Vinegar          ___ Worcestershire          Sauce  <b>BEVERAGES</b>          ___ Ground Coffee          ___ Tea          ___ Organic O.J.          ___ Gatorade          ___ Soft Drinks          ___ Fruit Drink Mix          ___ Powdered          Creamer          ___ Wine</p>	<p><b>MEATS</b>          ___ Ground Sirloin          ___ Roast          ___ Minute Steaks          ___ Rib-eye or T-Bones          ___ Ground Turkey          ___ Pork ,Turkey or Chicken          Sausage          ___ Bacon          ___ Whole Chicken          ___ Fully Cooked Ham          ___ Chicken Breast, skinless &amp;          boneless, no steroids          ___ Frozen Fish:          Flounder, Catfish, Tilapia          ___ 6-oz can Tuna          ___ Fresh Stuffed          Salmon  <b>DRIED BEANS</b>          ___ Black Eye Peas          ___ Pinto Beans          ___ Other _____  <b>GRAINS &amp; STARCHES</b>          ___ Plain Bread ___ Raisin          ___ Bagel          ___ Cereal _____          ___ Cornmeal          ___ Lasagna Noodles          ___ Macaroni          ___ Oatmeal          ___ Popcorn          ___ Noodles _____          ___ Rice _____          ___ Spaghetti          ___ Waffles Frozen  <b>BAKING SUPPLIES</b>          ___ Sugar          ___ Brown Sugar          ___ Powdered Sugar          ___ Corn Syrup          ___ Yeast          ___ Baking Powder          ___ Baking Soda          ___ Unsweetened Cocoa          ___ Cornstarch          ___ Vanilla Flavoring          ___ Flour ___ Whole Wheat          ___ Oil          ___ Molasses</p>
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