



# GROCERY LIST

## FRESH FRUIT

Apples  
Oranges  
Bananas  
Grapes  
Cantaloupe  
Grape Fruit  
Kiwi  
Fresh Fruit Salad

## VEGETABLES

Potatoes  
Carrots  
Cabbage  
Broccoli  
Cauliflower  
Green Beans  
Onions  
Lettuce  
Mushrooms  
Peppers  
Tossed Salad  
Stir Fry Veggies

## DAIRY PRODUCTS

Milk  
Eggs  
Yogurt  
Cottage Cheese  
Fresh Cream  
Sour Cream  
Butter  
Cheese Slices  
Cheese Blocks

## BAKERY

Bread  
Muffins  
Croissants  
Dinner Rolls  
Bagels

## FRESH MEAT, POULTRY & FISH

Beef  
-Roasts  
-Steaks  
-Stew  
-Ground  
Poultry  
-Whole  
-Parts  
Fish  
-Scallops  
-Cod  
-Salmon  
Pork  
-Roasts  
-Chops  
-Ribs  
Sausages  
-Beef  
-Pork

## MEATS (PACKAGED)

Bacon  
Wieners  
Ham Slices  
Sandwich Meats  
Bologna

## DINNER'S READY

Soups  
Entrées  
Desserts  
Sweet Breads  
Salads

## FROZEN FOODS

Turkey  
Chicken  
Lamb

## FROZEN FOODS (continued)

Ice Cream  
Fish  
Juices  
Meats & Dinners  
Vegetables  
French Fries  
Cakes & Pies  
Pie & Tart Shells

## CANNED FOODS

Meats  
Tuna  
Crab Meat  
Assorted Seafoods  
Soups & Chowder  
Vegetables  
Asparagus  
Peas  
Mushrooms  
Tomatoes  
Tomato Sauce & Pasta  
Milk  
Beans  
Spaghetti & Pastas  
Pie Fillings  
Fruits  
Apple Sauce  
Cranberry Sauce  
Instant Puddings  
Chinese Foods

## BOTTLED GOODS

Ketchup  
Relish  
Mustard  
BBQ Sauce  
Vinegar  
Mayonnaise  
Salad Dressing  
Cooking and Salad Oil  
Peanut Butter  
Honey  
Molasses  
Maple Sugar  
Pancake Syrup  
Pickles  
Beets  
Olives  
Spaghetti Sauces  
Marmalades  
Jams and Spreads  
Steak Sauce  
Seafood Sauce  
Horse Radish  
Worcestershire Sauce  
Mint Sauce  
Gravy Browning  
Chinese Sauces

## PACKAGED FOODS

Cake Mixes  
Muffin & Cookie Mix  
Pie Filling  
Jelly Powder  
Tapioca  
Custard Powder  
Corn Starch  
Gelatin  
Bullion Cubes  
Rice  
Noodles & Sauces  
Dry Pastas  
Soup Mixes  
Split Peas  
Marrow Fat Peas  
Prunes  
Shortening  
Pancake Mixes  
Poptarts  
Taco Shells

## BISCUITS

Sweet Biscuits  
Digestive Biscuits  
Crackers for Cheese  
Melba Toast  
CROUTONS  
Bread Sticks  
Hard Bread

## BEVERAGE & JUICES

Coffee (Instant & Ground)  
Coffee Filters  
Tea  
Hot Chocolate  
Orange Juice  
Apple Juice  
Tomato Juice  
Prune Juice  
Cranberry Juice  
Lemon Juice  
Lime Juice Cordial  
Milk Powder  
Mineral Water  
Clamato Cocktail  
Juice Paks  
Soft Drinks  
Koolaid – Freshie  
Syrup

## CEREAL

Cold – Ready to serve  
Hot – Ready to serve  
Oatmeal  
Oat Bran

## SNACKS

Potato Chips  
Cheese Sticks  
Nacho Chips  
Pretzels  
Bits & Bites  
Peanuts  
Popping Corn  
Granola Bars  
Fruit Bars  
Lunch Pak Bars  
Chocolate Bars  
Candies & Mints  
Marshmallows  
Ice Cream Cones  
Ice Cream Toppings

## BAKING PRODUCTS

Flour  
Sugar & Artificial Sweetener  
Icing Sugar  
Frostings  
Chocolate Chips  
Baking Chocolate  
Dried Fruits  
Coconut  
Nuts  
Raisins  
Bread & Roll Mix  
Yeast  
Baking Soda  
Baking Powder  
Spices  
Savory  
Salt  
Pepper

## SALT FOODS

Salt Fish  
Salt Beef  
Salt Ribs  
Salt Riblets  
Fat Back Pork

## DETERGENTS

Cloths Detergent – Powder  
Cloths Detergent – Liquid

## DETERGENTS (continued)

Fabric Softeners  
Bleach  
Stain Removers  
Automatic Dishwasher  
Detergent  
Liquid Dish Detergent

## HOUSEHOLD CLEANERS

Glass Cleaner  
Oven Cleaner  
Furniture Polish  
Bathroom Cleaner  
Toilet Bowl Cleaner  
Bathroom Spray's  
Drain Cleaners  
Soap Pads  
Liquid Cleaners  
Appliance & Counter Cleaners  
Metal Polish  
Carpet Deodorizers  
Rug Shampoo  
Floor Waxes  
Burner Savers  
J. Cloths  
Straw Brooms  
Wet Mops

## PAPER & STORAGE

Paper Towels  
Tissue  
Toilet Tissue  
Serviettes  
Plastic Food Wrap  
Wax Paper  
Aluminum Foil  
Food Saver Bags  
Paper Plates & Cups  
Drinking Straws

## PERSONAL CARE

Toothpaste  
Shampoo & Conditioner  
Hair Spray  
Mouthwash  
Soap  
Dental Floss  
Toothbrushes  
Denture Cleaner  
Deodorant  
Shave Cream  
Band Aids  
Q-Tips  
Headache Remedies  
Hand Lotion  
Cold Cream  
Cough Syrup  
ENO Fruit Salts  
Sanitary Napkins  
Cod Liver Oil

## BABY SUPPLIES

Baby Powder  
Baby Shampoo  
Baby Soap

## PET SUPPLIES

Dog Food  
Cat Food  
Cat Litter  
Bird Seed

## MISCELLANEOUS

Matches  
Fire Logs  
Charcoal  
BBQ Starter  
Rubber Gloves  
Tooth Picks  
Scotch Tape  
Light Bulbs  
Insect Spray

