

Fruit

- ___ Apples
- ___ Bananas
- ___ Cantaloupe
- ___ Grapes
- ___ Nectarines
- ___ Lemons
- ___ Oranges
- ___ Peaches
- ___ Pears
- _____

Vegetables

- ___ Asparagus
- ___ Bell Peppers
- ___ Broccoli
- ___ Carrots
- ___ Celery
- ___ Corn
- ___ Cucumber
- ___ Garlic
- ___ Lettuce
- ___ Onion
- ___ Potatoes
- ___ Tomatoes
- ___ Zucchini
- _____

Meats

- ___ Bacon
- ___ Lunch Meats
- ___ Sausage
- ___ Chicken Breasts
- ___ Chicken Legs
- ___ Ground Beef
- ___ Steak
- ___ Pork Chops
- ___ Ham
- ___ Fish
- _____

Breads / Bakery

- ___ Sliced Bread
- ___ Bagels
- ___ Tortillas
- ___ Hamburger Buns
- _____

Pasta

- ___ Spaghetti Sauce
- ___ Spaghetti
- ___ Seashell Macaroni
- ___ Angel Hair
- _____

Dry Items

- ___ Cereal
- ___ Oatmeal
- ___ Pancake Mix
- ___ Rice
- _____

Canned Goods

- ___ Corn
- ___ Green Beans
- ___ Kidney Beans
- ___ Peas
- ___ Tomato Sauce
- ___ Tomato Paste
- ___ Diced Tomatoes
- ___ Peaches
- ___ Pears
- ___ Fruit Cocktail
- ___ Pineapple
- ___ Cream of _____
- ___ Chicken and Rice
- ___ Chicken Noodle
- ___ Beef Broth
- ___ Chicken Broth
- ___ Clam Chowder
- ___ Vegetable Beef
- ___ Tuna
- ___ Ham
- ___ Salmon
- _____

Dairy

- ___ Milk
- ___ Eggs
- ___ Butter
- ___ Cheese
- ___ Yogurt
- _____

Condiments

- ___ Peanut Butter
- ___ Jelly
- ___ Honey
- ___ Ketchup
- ___ Mustard
- ___ Mayonnaise
- ___ BBQ Sauce
- ___ Salad Dressing
- ___ Pickles
- ___ Olives
- ___ Relish
- ___ Soy Sauce
- ___ Vinegar
- _____

Frozen Foods

- ___ Juice
- ___ Ice Cream
- ___ Corn
- ___ Peas
- ___ Green Beans
- ___ French Fries
- ___ Pizza
- ___ Frozen Meals
- ___ Waffles
- _____

Spices

- ___ Basil
- ___ Salt
- ___ Pepper
- ___ Ginger
- ___ Oregano
- ___ Thyme
- _____

Baking

- ___ Sugar
- ___ Brown Sugar
- ___ Flour
- ___ Baking Powder
- ___ Baking Soda
- ___ Cornstarch
- _____

Beverages

- ___ Soft Drinks
- ___ Coffee
- ___ Tea
- ___ Juice
- ___ Water
- _____

Kitchen

- ___ Aluminum Foil
- ___ Plastic Wrap
- ___ Sandwich Bags
- ___ Storage Bags
- ___ Dishwasher Soap
- ___ Dish Soap
- ___ Sponges
- ___ Napkins
- ___ Paper Towels
- _____

Oils

- ___ Cooking Spray
- ___ Vegetable Oil
- ___ Olive Oil
- _____

Snacks

- ___ Cookies
- ___ Crackers
- ___ Popcorn
- ___ Chips
- ___ Raisins
- _____

Miscellaneous

- ___ Light Bulbs
- ___ Batteries _____
- ___ Vitamins
- ___ Dog Food
- ___ Cat Food
- ___ Cat Litter
- _____

Household

- ___ Laundry Detergent
- ___ Fabric Softener
- ___ Dryer Sheets
- ___ Furniture Polish
- ___ Trash Bags
- ___ Toilet Paper
- ___ Facial Tissue
- ___ Glass Cleaner
- _____

Personal Care

- ___ Shampoo
- ___ Conditioner
- ___ Soap
- ___ Deodorant
- ___ Toothpaste
- ___ Toothbrush
- ___ Dental Floss
- ___ Mouthwash
- ___ Lotion
- _____

Baby

- ___ Apple Juice
- ___ Jarred Fruit
- ___ Jarred Vegetables
- ___ Jarred Meats
- ___ Diapers
- ___ Wipes
- _____