

# Grocery List

Week of:



## FRUIT

- \_\_\_ Apples ☺
- \_\_\_ Bananas
- \_\_\_ Oranges
- \_\_\_ Cantaloupe
- \_\_\_ Grapes ☺
- \_\_\_ Lemons/Limes
- \_\_\_ Pears ☺
- \_\_\_ Peaches/Nectarines ☺
- \_\_\_ Strawberries ☺
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_

## VEGETABLES

- \_\_\_ Avocado
- \_\_\_ Broccoli
- \_\_\_ Carrots ☺
- \_\_\_ Celery ☺
- \_\_\_ Cucumbers
- \_\_\_ Lettuce/Spinach ☺
- \_\_\_ Onions (yellow/purple)
- \_\_\_ Onions (green)
- \_\_\_ Bell Peppers ☺
- \_\_\_ Potatoes
- \_\_\_ Tomatoes
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_

## BAKERY/DELI AREA

- Buns
- Rolls
- Deli meats
- Deli cheese
- \_\_\_ \_\_\_\_\_

## AISLE 5-BREAD/CANDY

- Sandwich Bread
- Hamburger/Hotdog Buns
- Flour/Corn Tortillas
- Candy
- \_\_\_ \_\_\_\_\_

## AISLE 6-PASTA/ETHNIC FOODS

- Pasta (Plain)
- Salsa
- Soy Sauce

## AISLE 7-BEANS/RICE, CANNED MEATS

- Canned Vegetables
- Beans, Dried
- Pasta Mixes
- Sauce Mixes
- Rice
- Canned Meat/Seafood
- Tomato Paste
- Tomato Sauce
- Stewed Tomatoes

## AISLE 8-BEVERAGES

- Fruit Juice
- Cocoa/Coffee
- Powdered Drink Mix
- Tea

## AISLE 9-CEREAL/CRACKER/ SOUP

- Cereal
- Soup
- Oatmeal
- Cookies
- Crackers

## AISLE 10-BAKING

- Baking Soda/Powder
- Flour
- Sugar
- Cake/Muffin Mix
- Canned Milk
- Chocolate Chips
- Canned Milk/Powder
- Cooking Oil/Spray
- Jell-o/Pudding
- Nuts
- Spice: \_\_\_ \_\_\_\_\_
- Vanilla/Extract
- Yeast

## AISLE 11-CANNED FRUIT/ CONDIMENTS/PB&J

- Applesauce
- Canned Fruit
- Dried Fruit
- Honey
- Jelly/Jam
- Peanut Butter
- Salad Dressing
- Vinegar
- \_\_\_\_\_

## AISLE 12-CHIPS

- Chips
- Nuts
- Popcorn

## DAIRY/JUICE

- Eggs
- Milk
- Butter
- Yogurt
- Cottage Cheese
- Cheese
- Sour Cream
- Cream Cheese
- Buttermilk
- Juice
- \_\_\_ \_\_\_\_\_

## MEAT, FISH & POULTRY

- Beef
- Chicken
- Fish/Shrimp
- Hamburger Meat
- Pork
- Sausage
- Turkey (ground)
- Turkey (other)
- \_\_\_ \_\_\_\_\_

## AISLE 15, 16, 17

### FROZEN FOODS

- Juice Concentrate
- Ice Cream
- Frozen Dinners
- Frozen Veggies
- Frozen Bread Items
- \_\_\_ \_\_\_\_\_

## AISLE 19-

### PAPER PRODUCTS/LAUNDRY

- Kleenex
- Toilet Paper
- Paper Towels
- Aluminum Foil
- Plastic Wrap
- Ziploc bags
- Bleach
- Laundry Detergent
- Fabric Softener
- Stain Remover
- \_\_\_ \_\_\_\_\_

## AISLE 20-CLEANERS

- Soft Soap
- Dish Detergent
- Dishwasher Soap
- Glass Cleaner
- Toilet Bowl Cleaner
- Sink scrub
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_

## BATHROOM

- Bath Soap
- Conditioner
- Cotton Squares
- Deodorant
- Lotion
- Mouthwash
- Q-tips
- Razors
- Shampoo
- Shaving Cream
- Tampons
- Toothpaste
- \_\_\_ \_\_\_\_\_

## MEDICINE/FIRST AID

- Bandages
- Neosporin
- Cough Medicine
- Cold Medicine
- Sore Throat Lozenges
- Saline
- Pain Reliever

## MISCELLANEOUS

- Batteries
- Light Bulbs
- Paper Plates
- Pet Food
- Stamps
- Vitamins
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_
- \_\_\_ \_\_\_\_\_

☺-Listed on "Dirty Dozen" (buy organic if possible)

KEY: (C) = use coupon, \* = on sale  
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