

Fruits

- apples
- avocados
- bananas
- berries
- cherries
- grapes
- kiwi
- lemons
- melons
- nectarines
- oranges
- papaya
- peaches
- pears
- plums
- pomegranate
- watermelon
- _____
- _____
- _____

- ground beef
- ham
- hot dogs
- pork
- sausage
- steak
- turkey
- _____
- _____

Seafood

- catfish
- cod
- crab
- halibut
- lobster
- salmon
- shrimp
- tilapia
- tuna
- _____

Vegetables

- asparagus
- beets
- broccoli
- cabbage
- cauliflower
- carrots
- celery
- corn
- cucumbers
- eggplant
- garlic cloves
- green onions
- lettuce
- onions
- potatoes
- salad greens
- spinach
- squash
- tomatoes
- zucchini
- _____
- _____
- _____
- _____

Frozen

- chicken nuggets
- desserts
- fish sticks
- fruit
- ice cream
- freezies
- juice
- meat
- pie shells
- pizza
- vegetables
- veggieburger
- waffles
- _____
- _____

Pets

- cat food
- cat litter
- treats
- _____

Baking

- baking powder
- baking soda
- bread crumbs
- cake mix
- canned milk
- chocolate chips
- cocoa
- cornmeal
- cornstarch
- flour
- food coloring
- frosting
- muffin mix
- pie crust
- shortening
- sugar (brown)

Breakfast

- cereal
- oatmeal
- pancake mix
- _____

Meat

- bacon
- chicken
- deli meat
- _____
- _____
- _____

- sugar (powdered)
- sugar
- yeast
- gelatin
- vanilla extract
- _____
- _____

Snacks

- cookies
- crackers
- granola bars
- gum
- nuts/seeds
- popcorn
- chips
- pretzels
- raisins
- tortilla chips
- _____
- _____

Bakery

- bagels
- bread
- cake
- croutons
- dinner rolls
- hamburger buns
- hot dog buns
- muffins
- pastries
- pie
- pita bread
- tortillas (flour)
- _____

Pasta & Rice

- brown/white rice
- couscous
- pasta/spaghetti
- lasagna
- mac & cheese
- noodle mix
- rice mix
- quinoa
- _____
- _____

Cans & Jars

- applesauce
- baked beans
- black beans
- broth
- bullion cubes
- canned fruit
- canned vegetables
- carrots
- corn
- creamed corn
- jam/jelly

- mushrooms
- olives
- pasta sauce
- peanut butter
- pickles
- soup
- _____
- _____

Refrigerated

- butter
- cheese
- cheddar
- swiss
- gouda
- cream cheese
- feta
- mozzarella
- processed
- shredded
- cream/half & half
- dip
- eggs
- egg substitute
- milk
- salsa
- sour cream
- whipped cream
- yogurt
- _____
- _____

Seasoning

- basil
- bay leaves
- bbq seasoning
- cinnamon
- cloves
- chives
- cumin
- curry
- dill
- garlic powder
- garlic salt
- gravy mix
- Italian seasoning
- oregano
- paprika
- pepper
- poppy seed
- sage
- salt
- seasoned salt
- soup mix
- _____

Sauces/Condiments

- bbq sauce
- ketchup
- cooking spray
- honey
- lemon juice
- mayo

- mustard
- olive oil
- relish
- salad dressing
- soy sauce
- sweet & sour
- teriyaki
- vegetable oil
- vinegar
- _____
- _____

Drinks

- coffee
- juice
- pop
- tea
- _____

Paper Products

- aluminum foil
- coffee filters
- garbage bags
- paper towels
- plastic wrap
- waxed paper
- _____
- _____

Cleaning

- bleach
- dish soap
- floor cleaner
- glass spray
- laundry soap
- sponges
- _____

Personal Care

- bath soap
- conditioner
- cotton swabs
- dental floss
- deodorant
- Kleenex
- hand soap
- mouthwash
- razors/blades
- shampoo
- shaving cream
- toilet paper
- toothbrush
- toothpaste
- _____
- _____

Misc. Items

- batteries
- light bulbs
- _____