

Handy Grocery List

Reusable - wipe off
with a damp cloth.



Baby

Baby Cereal
Baby Food
Diapers
Formula
Wipes

Bakery

Bread - Bagels,
Rolls, Sliced, Wheat
Cakes
Cookies
Danish
Muffins
Pies

Baking Goods

Baking Powder
Baking Soda
Bread Crumbs
Brownie Mix
Biscuit Mix
Cake Icing, Mix
Chocolate Chips
Cocoa
Coconut
Evaporated Milk
Extracts - Almond,
Mint, Vanilla
Flour
Gelatin, Pudding
Nuts
Olive Oil
Pancake Mix
Pie Crust, Filling
Pizza Crust, Sauce
Powdered Milk
Salt - Pepper
Shortening
Spices - Basil, Cinnamon,
Chives, Curry, Dill,
Garlic, Ginger, Nutmeg,
Oregano, Paprika,
Parsley, Sage, Thyme
Sugar & Sugar Substitutes

Canned

Beans - Baked, Black,
Garbanzo, Kidney
Corned Beef Hash
Fruit - Applesauce,
Cocktail, Peaches,
Pears, Pineapple
Tomato - Paste, Puree,
Sauce, Stewed
Stew
Tuna
Vegetables - Beans,
Beets, Corn, Carrots,
Mixed, Mushrooms,
Peas, Spinach, Yams

Cereals

Bran Flakes
Breakfast bars
Corn Flakes

Cereals (cont.)

Hot - Oatmeal, Grits
Multigrain
Oatmeal
Wheat

Condiments

Bacon Bits
Barbeque Sauce
Cooking Wine
Gravy
Horseradish
Hot Sauce
Jam, Jelly
Ketchup
Marinades
Mayonnaise
Mustard
Olives
Peanut Butter
Pickles
Pickled - Beets,
Onion, Tomatoes
Salad Dressing - Caesar,
French, Italian, Ranch
Salsa
Soy Sauce
Tartar Sauce
Vinegar

Cookies

Brownies
Cookies - Butter,
Choc. Chip, Ginger,
Oatmeal, Sugar
Crackers - Cheese
Saltine, Wheat
Graham Crackers
Vanilla Wafers

Dairy

Biscuits
Butter
Cheese - American, Brie,
Cheddar, Feta, Goat,
Mozzarella, Parmesan,
Provolone, Ricotta, Swiss
Cottage Cheese
Cream Cheese
Cream, Half & Half
Dips & Spreads
Eggs
Egg Substitutes
Margarine
Milk
Sour Cream
Soy Milk
Tortillas
Yogurt
Yogurt Drinks & Smoothies

Delicatessen

Bacon
Bologna
Coleslaw

Delicatessen (cont.)

Corned Beef
Ham
Hot Dogs
Olive Loaf
Olives
Pasta Salad
Pastrami
Potato Salad
Roast Beef
Salami
Sausage
Turkey

Drinks

Cola
Diet Cola
Energy Drinks
Ginger Ale
Iced Tea
Non Cola
Water

Frozen

Dinners
Fish Sticks
French Fries
Ice Cream
Juices
Pies
Pizza
Pot Pies
Vegetables
Waffles

Fruit Juices

Apple
Cranberry
Orange & Grapefruit
Tomato

Health

Allergy Medicine
Anti-acids
Bandages
Cough Drops
Cold Medicine
Epson Salts
Eye Drops
First Aid Cream
Hydrogen Peroxide
Laxatives
Lozenges
Pain Relievers
Rubbing Alcohol
Sinus Medicine
Vitamins
Witch Hazel

Hot Beverages

Coffee
Hot Chocolate
Tea - Black, Chai,
Green, Herbal
Coffee Creamer
Coffee Filters

Household

Air Freshener
All Purpose Cleaner
Batteries
Bleach
Brooms, Mops, Sponges
Candles, Matches
Carpet Cleaner
Charcoal
Disinfectant
Dish Detergent
Deodorizer
Drain Opener
Furniture Polish
Glass Cleaner
Insect Spray
Laundry Detergent
Light Bulbs
Oven Cleaner
Scouring Pads
Silver Polish
Stain Remover
Toilet Bowl Cleaner

Meat

Beef - Ground, Patties,
Roast, Steaks
Chicken - Breasts,
Legs, Pieces,
Wings, Whole
Pork - Chops, Ham,
Ribs, Roast
Turkey - Breasts, Legs,
Wings, Whole

Paper Goods

Aluminum Foil
Face Tissue
Freezer Bags
Garbage Bags
Napkins
Paper Bags
Paper Cups
Paper Plates
Paper Towels
Plastic Wrap
Plastic Utensils
Storage Containers
Toilet Tissue
Toothpicks
Trash Bags

Pasta

Lasagne, Macaroni,
Noodles, Orzo,
Penne, Spaghetti, Ziti

Pet

Bird seed
Cat Food - Dry, Wet
Dog Bones, Biscuits
Dog Food - Dry, Wet
Flea Collar
Kitty Litter
Treats

Produce - Fruit

Apples
Bananas
Blueberries
Cantaloupe
Cherries
Cranberries
Grapefruit
Grapes - Green, Red
Honeydew Melon
Kiwi
Lemons
Limes
Mangoes
Nectarines
Oranges
Peaches
Pears
Pineapple
Plums
Raisins
Raspberries
Strawberries
Tangerines
Watermelon

Produce - Vegetables

Artichokes
Asparagus
Avocado
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumber
Eggplant
Garlic
Green beans
Herbs - Basil, Dill, Mint
Parsley, Rosemary
Lettuce
Mushrooms
Onions
Parsnips
Peas
Peppers - Green, Red
Potatoes - Idaho, Red
Russet, Sweet
Radishes
Scallions
Spinach
Squash - Acorn, Butternut,
Spaghetti, Zucchini
Tofu
Tomatoes

Rice, Etc.

Helpers - Beef,
Chicken, Tuna
Rice - Brown, White
Risotto
Stuffing

Seafood

Clams
Crabmeat
Fish-Cod, Flounder,
Haddock, Salmon,
Swordfish, Tuna
Lobster
Scallops
Shrimp

Snacks

Candy, Chocolate
Cheese puffs
Corn chips
Gum
Nuts - Almonds,
Cashews, Mixed,
Peanuts, Walnuts
Popcorn
Potato Chips
Pretzels
Rice Cakes
Salsa & Tortilla Chips
Trail Mix

Soups

Bouillon
Chicken -Noodle, Rice
Chili
Clam Chowder
Cream - Chicken,
Mushroom, Potato
Minestrone
Split Pea
Tomato
Vegetable

Toiletries

Body Lotion
Body Wash
Cosmetics - Eye liner,
Shadow, Mascara,
Lipstick, Powder
Cotton Balls
Cotton Swabs
Dental Floss
Deodorant
Eye Drops
Feminine Needs
Hair Conditioner,
Gel, Mousse, Spray
Hand Creme
Mouthwash
Nail Polish & Remover
Razor Blades
Shampoo
Shaving Cream
Soap
Toothbrush
Toothpaste

Miscellaneous

Beer, Wine
Magazine
Newspaper