

Shopping List, Page 1 of 2

Baking Products

___ ___ flour: white, whole wheat, rye, bread
___ ___ sugar: white, brown, confectioner's
___ ___ shortening, oil, non-stick spray
___ ___ cocoa, baking chocolate, Butter Buds
___ ___ salt, pepper, Bisquick, Jiffy Mix
___ ___ spices: cinnamon, sage, basil, bay leaves
___ ___ spices: onion, garlic, cumin, oregano
___ ___ artificial sweetener, extract: vanilla
___ ___ baking soda, powder, cornstarch, yeast
___ ___ bouillon: chicken, beef, vegetable

Bread and Baked Products

___ ___ bread: white, whole wheat, French
___ ___ english muffins
___ ___ tortilla shells
___ ___ buns: hot dog, hamburger
___ ___

Cereal and Breakfast

___ ___ bran: all bran, flakes, raisin
___ ___ shredded wheat, Cheerios, flakes
___ ___ grits, oatmeal, cream of wheat
___ ___ bars: cereal, protein, fiber
___ ___ meal replacements: drinks, powders

Pasta

___ ___ macaroni, spaghetti, rotini
___ ___ egg noodles, lasagna boards
___ ___ rice: white, brown, yellow, instant
___ ___

Meats, Soups, Protein

___ ___ fresh /frozen beef, chicken, turkey, pork
___ ___ canned beef, chicken, turkey, pork
___ ___ can / fresh / frozen: tuna, shrimp, crab, clam
___ ___ bacon: pork, turkey; sausage; brkfast meat
___ ___ dehydrated or freeze-dried
___ ___ soup: cream of chicken, mushroom, other
___ ___ TVP: chunk, flake; Tofu: soft, firm
___ ___ soy products; sandwich meat: turkey, ham
___ ___ hot dogs, hamburgers, hamburger meat
___ ___ canned: stew, ravioli; frozen entrees
___ ___ pepperoni, veggie pepperoni

Cakes, Pies and Desserts

___ ___ cake: mix, frosting, decorations
___ ___ pie: shells, filling
___ ___ gelatin: plain, flavored; pudding
___ ___ Phyllo dough
___ ___ whipped topping, coloring, candles
___ ___ snack cakes, pies

Condiments, Sauces, Syrups, Butters, Preserves

___ ___ mayo, mustard, ketchup, lemon juice
___ ___ vinegar, salad dressing, dry mix
___ ___ sauce: steak, soy, Worcestershire, A-1
___ ___ honey, molasses, salsa, relish
___ ___ spaghetti sauce, barbecue sauce
___ ___ peanut butter, jam, jelly, preserves
___ ___ syrup: pancake, chocolate

Fruit

___ ___ fresh: apple, orange, pear, peach, banana
___ ___ fresh: cantaloupe, watermelon, berries, grapes
___ ___ frozen: berries: straw, blue, rasp, black
___ ___ frozen: cherries, fruit blends
___ ___ canned: peaches, pears, mandarin oranges
___ ___ canned: fruit cocktail, chunky mixed fruit
___ ___ canned: pineapple chunks / slices / crushed
___ ___ canned: applesauce; cranberry sauce: w / j
___ ___ dried: raisins, prunes, apricots

Snack Products

___ ___ candy: Tootsie Rolls, butterscotch, LifeSavers
___ ___ gum, marshmallows
___ ___ popcorn, pretzels, sunflower kernels, peanuts
___ ___ candy bars: Snickers; choc. candies: M&Ms
___ ___ cookies: fig bars, choc. chip, duplex cremes

Dairy Products

___ ___ milk: whole, 2%, skim, dry skim powder
___ ___ eggs: white, brown; egg replacer
___ ___ cheese: cheddar, mozzarella, sliced American
___ ___ cheese: processed loaf, other
___ ___ yogurt, frozen yogurt, ice cream
___ ___ butter, margarine
___ ___ sour cream, cottage cheese, cream cheese

Vegetables

___ ___ Fresh: green beans, green peas, corn,
___ ___ Fresh: broccoli, cauliflower
___ ___ Fresh: squash, zucchini, cucumber
___ ___ Fresh: celery, lettuce, tomatoes, carrots
___ ___ Fresh: peppers: green, red, yellow
___ ___ Fresh: cabbage, mushrooms, snap peas
___ ___ Fresh: potatoes: white, red, sweet
___ ___ Fresh: onions: white, yellow, red
___ ___
___ ___ Frozen: green beans, green peas, corn, carrots
___ ___ Frozen: mixed veggies, spinach, broccoli
___ ___ Frozen combos: peas & carrots, California
___ ___ Frozen combos: deluxe stir fry, broccoli stir fry
___ ___ Frozen combos: broccoli/cauliflower
___ ___ Frozen combos: sugar snap pea, Lo Mein
___ ___
___ ___ Canned: green beans, green peas, corn
___ ___ Canned: baked beans, garbanzo beans
___ ___ Canned: mixed veggies, sauerkraut
___ ___ Canned: tomatoes: sauce, paste, puree
___ ___ Canned: tomatoes: stewed
___ ___ Canned: potatoes, mushrooms
___ ___ Jarred: pickles: bread & butter; dill: whole, sliced
___ ___
___ ___ Dried beans: pinto, navy,
___ ___ Dried peas: split green, black-eyed
___ ___ Dried beans: garbanzo, lentils, millet, barley
___ ___
___ ___ Flakes: potato: instant

Shopping List, Page 2 of 2

Paper and Kitchen Products

___ ___ toilet paper, paper towels, facial tissue
___ ___ aluminum: foil, pans, trays
___ ___ napkins, plastic wrap, waxed paper
___ ___ resealable bags: sandwich, 1 gal, 2 gal
___ ___ garbage bags
___ ___ oven bags, skewer sticks
___ ___ Solo plastic 3 ounce cups
___ ___

Dental Care

___ ___ toothbrush, toothpaste
___ ___ dental floss, oral rinse
___ ___
___ ___

Miscellaneous

___ ___ light bulbs (watt), flashlight
___ ___ batteries (size), pest control
___ ___ scissors, staples, paper clips, pens, pencils
___ ___ post-it notes, envelopes, paper, labels, glue
___ ___ cards: birth., ann., holidays, stamps
___ ___ laminating sheets, protectors, forms holder
___ ___ auto: wash, wax, polish, accessories
___ ___ computer: hardware, software, cables, acc.
___ ___ cell phone, battery, recharger, air time
___ ___ media: tapes, CDs, DVDs, USB flash drives
___ ___ camera supplies, mobile broadband
___ ___
___ ___ home maintenance: air filters, fan
___ ___ supplies: hobby, craft, sewing
___ ___ tools: hammer, screwdriver, wrench, multi
___ ___ tools: tape: transparent, masking, Gorilla
___ ___ fabric shaver, WD-40, surge protector
___ ___ plastic gloves, work gloves
___ ___ pet supplies: food, health, clean-up
___ ___ seasonal supplies: holiday; extension cord
___ ___ watch, watch battery, plastic storage bins
___ ___ Sharpie, Vis-à-vis, magic marker
___ ___ change for commercial Laundromat
___ ___ coupons, rebate forms, shopping bags
___ ___
___ ___

Cleaning Aids

___ ___ dishwashing detergent, scrubber
___ ___ laundry: detergent, softener: liquid, sheets
___ ___ laundry: bleach, stain remover
___ ___ dish cloths, towels
___ ___ oven cleaner, ammonia, bleach
___ ___ air freshener, disinfectant (Lysol)
___ ___ Campa Chem, waterless hand cleaner
___ ___ Borax, washing soda, Endust
___ ___ vacuum cleaner bags, belts
___ ___ dish cloths, dishtowels
___ ___ wash cloths, bath towels, hand towels
___ ___ car wash detergent, cleaning supplies
___ ___ window cleaner, Rain-X
___ ___
___ ___

Soap, Shave, Hair, Skin Care

___ ___ shampoo, conditioner
___ ___ soap: face, body, hand
___ ___ hair spray, hair treatment
___ ___ razor blades, pre/after shave, shave cream
___ ___ powder: baby, medicated
___ ___ cotton balls, cotton swabs
___ ___ deodorant, antiperspirant
___ ___ nail polish remover, hand lotion
___ ___ feminine hygiene: p / t, male hygiene
___ ___ cosmetics: foundation, powder, eye wear
___ ___ skin cleanser/astringent, alcohol
___ ___ fragrance
___ ___
___ ___

Clothing

___ ___ underwear: top, bottom; socks: dark, white
___ ___ pants, shirts
___ ___ accessories: belt
___ ___ shoes, shoelaces, shoe polish
___ ___ umbrella, hat, sunglasses
___ ___ jacket, coat, gloves
___ ___

Bedding, Sleep

___ ___ sheets: flat, fitted; blankets
___ ___ sleeping bag, pillow, pillow cases
___ ___ mattress: air, pad, topper
___ ___ ear plugs, eye mask, sound machine
___ ___ alarm clock
___ ___
___ ___

Cooking, Eating, Food Storage

___ ___ appliances, parts, cords, pots, pans
___ ___ inverter, fuse, installation kit
___ ___ utensils: eating, cooking
___ ___ plates, bowls, cutting board
___ ___ food storage containers, bags
___ ___ cold food storage device
___ ___ canning: jars, lids, bands, supplies
___ ___
___ ___

Health, Medicines, Vitamins, Pain Relievers

___ ___ vitamins/sup: multi, calcium, c, zinc, fish oil
___ ___ pain reliever: ibuprofen, aspirin
___ ___ baby wipes, mineral oil
___ ___ antibiotic ointment, band aids, bandages
___ ___ antacids, anti-diarrhea, anti-gas
___ ___ decongestant, cough drops, sore throat
___ ___ herbal remedies, alternative medicine
___ ___ allergy reliever, antihistamine
___ ___ pain relief: muscle, ear, burn, rash
___ ___ lip balm, anti-itch, first aid kit
___ ___ eye: drops, glasses, repair kit, contacts
___ ___ foot: spray, powder, lotion, tea tree oil
___ ___ exercise equipment
___ ___
___ ___