

# GROCERY CHECK LIST

## Fruit

- apples
- pears
- bananas
- oranges
- grapes
- berries
- lemons / limes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Vegetables

- cucumbers
- tomatoes
- carrots
- celery
- lettuce/ spinach
- avocado
- green beans
- broccoli
- peppers
- corn
- potatoes
- onions
- garlic
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- milk
- eggs
- cheese
- yogurt
- sour cream
- cream cheese
- butter
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Deli

- deli meat
- parmesan cheese
- hummus
- dips
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Meat

- chicken
- ground beef
- beef
- pork
- turkey
- ham
- sausage
- bacon
- hot dogs
- fish
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- ice cream
- frozen vegetables
- fruit
- pizza
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Drinks

- soda/ pop
- juice
- water
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Bakery

- bread
- buns/ rolls
- bagels
- tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- sugar
- powdered sugar
- brown sugar
- flour
- baking soda
- baking powder
- chocolate chips
- cocoa
- shortening
- yeast
- Vanilla extract
- box mixes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Snacks

- nuts
- raisins
- granola bars
- crackers
- popcorn
- chips
- salsa
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments

- salt
- pepper
- herbs
- spices
- olive oil
- vegetable oil
- vinegar
- salad dressing
- mayonaise
- ketchup
- mustard
- pickles
- olives
- jam
- peanut butter
- nutella
- honey
- syrup
- soy sauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Canned/ Dry

- tea
- coffee/ filters
- cereal
- granola
- oatmeal
- rice
- pasta
- canned tomatoes
- tomato paste
- tuna
- beans
- soup
- broth
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Personal Care

- shampoo
- conditioner
- body wash
- soap
- cream/ lotion
- deodorant
- toothpaste
- mouthwash
- toothbrushes
- razors
- feminine hygiene
- medication
- bandaids
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Supplies

- storage bags
- dish soap
- dishwasher detergent
- laundry detergent
- paper towels
- toilet paper
- tissues
- plastic wrap
- aluminium foil
- cleaning products
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Baby

- formula
- baby food
- diapers
- wipes
- diaper cream
- baby wash
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_