

Grocery Shopping List

Breads and Cereals

- bread/buns
- muffins
- hot cereal
- cold cereal
- flour
- bran/wheat germ
- spaghetti or macaroni
- rice
- crackers
- mixes: muffin, pancake, biscuit
- soups, canned or dried
- perogies
- tortillas

Vegetables and Fruits

- potatoes
- carrots/onions/turnip/cabbage
- cauliflower/broccoli
- lettuce
- green pepper/cucumbers/tomatoes
- canned tomatoes/sauce or paste
- canned vegetables
- frozen vegetables
- frozen french fries
- apples/oranges/bananas/grapefruit
- melons or strawberries
- frozen fruit
- canned fruit
- fruit juice

Milk and Milk Products

- milk, fresh, powder, canned
- yogourt
- cheese
- cottage cheese
- cream soups
- puddings
- ice cream
- frozen yogourt/sherbet

Having a shopping list with you is a good idea!



Meats and Alternatives

- canned or dried beans and peas
- chicken/turkey
- fish
- hamburger
- chops/steak
- stew meat/roast
- liver
- peanuts/sunflower seeds
- canned salmon, tuna, sardines
- sausages/wieners/bacon
- luncheon meat
- peanut butter
- eggs

Other Foods

- jam/jelly/honey/molasses
- butter/margarine/lard/oil
- mayonnaise/salad dressing
- cookies
- cake mixes
- popcorn/snack foods
- soft drinks
- sugar
- baking powder/baking soda
- salt
- spices/herbs
- vinegar/lemon juice
- tea/coffee
- pickles
- mustard/relish/ketchup
- sour cream
- diet products: low-calorie sweeteners, puddings, Jello
- nutritional supplements (e.g., Boost, Ensure, Sustacal or Resource)

Bath and Kitchen Items

- toilet paper/tissue
- paper towels
- laundry soap
- bathroom cleaner
- hand soap
- dish detergent
- shampoo
- toothpaste/dental floss
- pads: sanitary or Depends
- shaving supplies
- light bulbs

Many grocery stores have an aisle-by-aisle grocery list. This can be helpful, especially if you are ordering groceries from home.