

# Groceries checklist

By Nicole Nichols-West

Vegetables and fruits

- Potatoes
- Mushrooms
- Onions
- Cucumbers
- Lettuce
- Tomatoes
- Carrots
- Celery
- Zucchini
- Broccoli
- Cauliflower
- Spinach
- Bell Peppers
- Tofu
- Strawberries
- Bananas
- Apples
- Oranges
- Grapes
- Grapefruit
- Melon
- Nectarines
- Peaches
- Pears
- Plums
- Lemon/Lime
- Blueberries
- Raspberries
- Avacados
- Kiwi

- Fresh Herbs
- Deli
  - Deli Meats
  - Deli Cheese
  - Deli Salads
  - Rotisserie Chicken
- Breads
  - White Bread
  - Whole Wheat Bread
  - Hot Dog Buns
  - Hamburger Buns
  - Bagels
  - Biscuits
  - English Muffins
  - Tortillas
  - Pitas
  - Muffins
- Dairy
  - Milk
  - Butter/Margarine
  - Eggs
  - Yogurt
  - Cheese
    - Cream Cheese
    - Cottage Cheese
  - Sour Cream
  - Coffee Creamer
  - Orange Juice
  - Cookie Dough
  - Dinner Roll Dough
- Condiments
  - Olive Oil
  - Salad Dressing

- Vinegar
- Mayonnaise
- Marinade
- Steak Sauce
- BBQ Sauce
- Ketchup
- Mustard
- Pickles/Relish
- Olives
- Jelly/Jam
- Peanut Butter
- Honey
- Salt/Pepper
- Seasoning Packets
- Spices
- Soy Sauce
- Canned Goods
  - Tuna
  - Tomato Sauce
  - Mushrooms
  - Soup/Chili
- Canned Veggies
  - Green Beans
  - Corn
  - Peas
  - Baked Beans
- Canned/Cup Fruit
  - Applesauce
  - Pineapple
  - Peaches
  - Fruit Cocktail
  - Raisins
  - Mandarin Oranges

- Pears
- Pasta
  - Spaghetti
  - Lasagne Noodles
  - Macaroni Noodles
  - Rice
  - Risotto
  - Pasta Sauce
  - Boxed Rice/Pasta
  - Macaroni & Cheese
- Ethnic Foods
  - Taco/Enchilada Mix
  - Taco Shells
  - Taco Sauce
  - Salsa
  - Tortillas
  - Soy Sauce
  - Teriyaki Sauce
- Cereals
  - Cereal
  - Granola
  - Oatmeal
  - Breakfast Bars
  - Granola Bars
  - Toaster Pastries
- Baking Needs
  - Sugar
  - Flour
  - Vegetable Oil
  - Cake/Brownie Mix
  - Frosting
  - Muffin Mix
  - Cookie Mix

- Pancake Mix
- Pancake Syrup
- Baking Powder
- Baking Soda
- Vinegar
- Cooking Spray
- Vanilla Extract
- Baking Nuts
- Chocolate Chips
- Coconut
- Pudding
- Jello
- Marshmallows
- Sweetener
- Snack Foods
  - Cookies
  - Crackers
  - Graham Crackers
  - Chips
  - Popcorn
  - Fruit Snacks
  - 100 Calorie Packs
  - Pretzels
  - Nuts/Trail Mix
- Meat
  - Ground Beef
  - Chicken
  - Ground Turkey
  - Veal
  - Beef Roast
  - Steak
  - Beef Patties
  - Pork Chops

- Pork Roast
- Bacon
- Hot Dogs
- Sausage
- Brats
- Ham
- Cold Cuts
- Seafood
  - Shrimp
  - Lobster
  - Clams
  - Crab
  - Tilapia
  - Orange Roughy
- Frozen Foods
  - Chicken Nuggets
  - Fish Sticks
  - Frozen Entrees
  - Frozen Vegetables
  - Frozen Fruit
  - French Fries
  - Pizza
  - Waffles
  - Pancakes
  - Pie Crusts
  - Ice Cream
  - Whipped Cream
- Beverages
  - Fruit Juice
  - Vegetable Juice
  - Lemonade
  - Sports Drinks
  - Juice Boxes

- Bottled Water
- Drink Mixes
- Tea
- Coffee
- Coffee Filters
- Non-Dairy Creamer
- Soda
- Chocolate Syrup
- Strawberry Syrup
- Beer
- Wine
- Bakery
  - Donuts/Rolls
  - Bagels
  - Cookies
  - Cake
  - Brownies
  - Pie
- Baby Items
  - Baby Food
  - Baby Formula
  - Diapers/Pull-Ups
  - Baby Wipes
  - Baby Wash
- Pet Supplies
  - Dog Food
  - Cat Food
  - Cat Litter
  - Litter Box Liners
  - Pet Toys
  - Pet Treats
  - Fish Food
- Paper Goods

- Napkins
- Paper Towels
- Toilet Tissue
- Tissues
- Trash Bags
- Paper Plates
- Disposable Cups
- Baggies/Storage Bags
- Aluminum Foil
- Plastic Wrap
- Wax Paper
- Toothpicks
- Cleaning Supplies
  - Laundry Detergent
  - Dryer Sheets
  - Bleach
  - Fabric Softener
  - Stain Remover
  - Dish Soap
  - Dishwasher Soap
  - Cleanser
  - Glass Cleaner
  - Dusting Spray
  - Disinfectant
- Health & Beauty
  - Sunscreen
  - Shampoo
  - Conditioner
  - Hair Styling Products
  - Deodorant
  - Bath Soap/Body Wash
  - Feminine Supplies
  - Pantyhose



- Makeup
- Face Wash
- Toothpaste
- Mouthwash
- Dental Floss
- Body Lotion
- Face Lotion
- Contact Lens Solution
- Bandages
- Antiseptic Cream
- Medicines
- Vitamins/Supplements
- Razors
- Shaving Cream
- Cotton Balls
- Cotton Swabs
- Hand soap/sanitizer
- Miscellaneous
  - Batteries
  - Cards/Gift Wrap
  - Light Bulbs
  - Ice