

**veggies**

celery  
red pepper  
onions (red, yellow)  
potatoes  
cucumber  
carrots  
broccoli  
lettuce  
tomatoes  
garlic  
zucchini  
mushrooms  
avocado  
black olives  
cabbage

**fruit**

apples  
bananas  
oranges  
grapes  
berries  
pinapple  
watermelon  
plums  
clementines  
lemons  
limes  
mangoes  
peaches  
pears

**meat**

ground beef  
chicken breast  
chicken legs  
whole chicken  
pork loin  
ribs  
prime rib  
tenderloin  
pepperoni  
lamb  
hot dogs  
stewing beef  
cooked chicken  
deli : ham, RB, turkey  
pork chops

**dairy**

almond milk  
coffee cream  
sour cream  
cream cheese  
cheddar  
mozzarella  
parmesan  
butter  
cottage cheese  
yogourt  
eggs  
plain yogurt  
feta  
whipped cream

**bread**

white bread  
whole wheat  
rye bread  
hamburger buns  
hot dog buns  
garlic bread  
artisan loaf  
bagels plain  
bagels raisin  
english muffins  
tortilla wraps  
pita  
cressants

**frozen**

ice cream  
peas  
corn  
beans and carrots  
perrogies  
chicken nuggets  
pizza  
cabbage rolls  
meatballs  
french fries  
lemonade  
strawberries  
blueberries  
hamburger patties

**breakfast**

rice krispies  
cheerios  
corn flakes  
shreddies  
quaker oat squares  
oatmeal peach  
oatmeal plain  
quick oats  
maple syrup  
jam  
almond butter  
nutella  
honey  
coffee

**baking**

flour  
baking powder  
baking soda  
salt  
sugar (w, b, org)  
chocolate chips  
cocnut  
skor bits  
marshmallows  
cake mix  
icing  
brownie mix  
cooking spray  
quick rise yeast  
rasins/craisins  
nuts: alm. Wal. Pec

**cans**

corn  
pizza sauce  
tomatoes stewed  
tomatoes chopped  
red kidney beans  
black beans  
alphabet soup  
mushroom soup  
chicken soup  
pineapple tidbits  
dry chic. Noodle soup  
mandarin oranges

**cleaning**

laundry soap  
fabric softener  
dish soap  
lest oil  
cloths  
towels  
rubber gloves  
toilet bowl cleaner  
dishwasher tabs  
garbage bags  
recycling bags  
ziploc bags (m, L)

**snacks**

potatoo chips  
nacho chips  
tortilla chips  
cookies  
granola bars  
pudding  
fruit cups  
apple sauce  
ritz crackers  
triscuit thins

**personal**

dove body soap  
toothpaste kids  
toothpaste A&H  
hand soap  
floss  
toothbrushes  
shampoo  
conditioner  
mouse  
deodorant  
baby wipes  
diapers  
razors  
  
tylenol  
band-aids

**condiments**

olive oil  
sunflower oil  
olives  
pickles  
ketchup  
mustard  
relish  
mint sauce  
vinegar  
mayonaise  
miracle whip  
balsamic vinegar  
ranch dressing  
italian dressing  
ceasar dressing  
greek dressing  
oil and vin dressing  
croutons

**spices**

chicken stock  
beef stock  
veggie stock  
parsely  
lemon and herb  
pepper  
dill  
garlic powder  
oregano  
dry italian mix  
salt

**pasta**

spaghetti  
fettuccini  
spirals  
shells  
bowties  
pasta sauce  
lasagna noodles  
alfredo sauce  
egg noodles  
mac & cheese

**paper**

toilet paper  
paper towel  
coffee filters

**ethnic**

taco kits  
Mr. Noodles  
3 minute noodles  
rice  
plum sauce  
soy sauce

**health food**

Greens Plus  
Kimchi  
Probiotics

**beverages**

bottled water  
jug of water (rv)  
gingerale  
perrier  
pineapple juice  
cranberry juice  
apple juice  
hot chocolate