

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