

FRESH FRUIT

apples \_\_\_\_\_  
bananas \_\_\_\_\_  
grapes \_\_\_\_\_  
oranges \_\_\_\_\_  
\_\_\_\_\_

FRESH VEGETABLES

asparagus \_\_\_\_\_  
broccoli \_\_\_\_\_  
cabbage \_\_\_\_\_  
carrots \_\_\_\_\_  
celery \_\_\_\_\_  
cherry tomatoes \_\_\_\_\_  
cucumbers \_\_\_\_\_  
green onions \_\_\_\_\_  
lettuce \_\_\_\_\_  
mushrooms \_\_\_\_\_  
onions \_\_\_\_\_  
peppers \_\_\_\_\_  
potatoes \_\_\_\_\_  
squash \_\_\_\_\_  
tomatoes \_\_\_\_\_  
\_\_\_\_\_

SOUPS & SAUCES

bean w/ bacon \_\_\_\_\_  
catsup \_\_\_\_\_  
cm. of mushroom \_\_\_\_\_  
mayonnaise \_\_\_\_\_  
minestrone \_\_\_\_\_  
mustard \_\_\_\_\_  
salad dressing \_\_\_\_\_  
soy sauce \_\_\_\_\_  
tomato sauce \_\_\_\_\_  
tomato \_\_\_\_\_  
vegetable \_\_\_\_\_

CANNED FRUIT & JUICE

applesauce \_\_\_\_\_  
grapefruit \_\_\_\_\_  
lemon juice \_\_\_\_\_  
peaches \_\_\_\_\_  
pears \_\_\_\_\_  
pineapple \_\_\_\_\_  
pumpkin \_\_\_\_\_  
raisins \_\_\_\_\_  
prunes \_\_\_\_\_  
\_\_\_\_\_

CANNED VEGETABLES

beans \_\_\_\_\_  
corn \_\_\_\_\_  
olives \_\_\_\_\_  
potatoes \_\_\_\_\_  
sauerkraut \_\_\_\_\_  
\_\_\_\_\_

OTHER

cupcake papers \_\_\_\_\_  
corn syrup \_\_\_\_\_  
cheesecake \_\_\_\_\_  
jam \_\_\_\_\_  
jello \_\_\_\_\_  
koolaid \_\_\_\_\_  
pancake syrup \_\_\_\_\_  
pickles \_\_\_\_\_  
relish \_\_\_\_\_  
soda pop \_\_\_\_\_  
vinegar \_\_\_\_\_  
yeast \_\_\_\_\_  
\_\_\_\_\_

STAPLES

bread \_\_\_\_\_  
brown sugar \_\_\_\_\_  
cold cereal \_\_\_\_\_  
corn chips \_\_\_\_\_  
corn meal \_\_\_\_\_  
crackers \_\_\_\_\_  
flour \_\_\_\_\_  
granola \_\_\_\_\_  
hamburger buns \_\_\_\_\_  
hot dog buns \_\_\_\_\_  
lasagna \_\_\_\_\_  
macaroni-large \_\_\_\_\_  
macaroni-small \_\_\_\_\_  
noodles \_\_\_\_\_  
oatmeal \_\_\_\_\_  
popcorn \_\_\_\_\_  
potato chips \_\_\_\_\_  
rice \_\_\_\_\_  
spaghetti \_\_\_\_\_  
sugar \_\_\_\_\_  
\_\_\_\_\_

MEAT

chicken \_\_\_\_\_  
fish \_\_\_\_\_  
hamburger \_\_\_\_\_  
hot dogs \_\_\_\_\_  
luncheon meat \_\_\_\_\_  
roast \_\_\_\_\_  
steak \_\_\_\_\_  
stew meat \_\_\_\_\_  
tuna \_\_\_\_\_  
turkey \_\_\_\_\_  
\_\_\_\_\_

DAIRY & REFRIGERATOR

cheese \_\_\_\_\_  
dream whip \_\_\_\_\_  
eggs \_\_\_\_\_  
margarine \_\_\_\_\_  
milk \_\_\_\_\_  
powdered milk \_\_\_\_\_  
ref. biscuits \_\_\_\_\_  
sour cream \_\_\_\_\_  
\_\_\_\_\_  
taco shells \_\_\_\_\_  
tortilla shells \_\_\_\_\_  
\_\_\_\_\_

SPICES

bacon bits \_\_\_\_\_  
basil \_\_\_\_\_  
bay leaves \_\_\_\_\_  
celery salt \_\_\_\_\_  
cinnamon \_\_\_\_\_  
cm. of tartar \_\_\_\_\_  
garlic \_\_\_\_\_  
gravy mix \_\_\_\_\_  
mustard \_\_\_\_\_  
nutmeg \_\_\_\_\_  
onion bits \_\_\_\_\_  
onion soup \_\_\_\_\_  
paprika \_\_\_\_\_  
parsley \_\_\_\_\_  
sage \_\_\_\_\_  
salt \_\_\_\_\_  
thyme \_\_\_\_\_  
vanilla \_\_\_\_\_  
\_\_\_\_\_

HOUSEHOLD

aluminum foil \_\_\_\_\_  
baggies \_\_\_\_\_  
cleanser \_\_\_\_\_  
clear wrap \_\_\_\_\_  
clorox \_\_\_\_\_  
dish soap \_\_\_\_\_  
dishwasher soap \_\_\_\_\_  
hand soap \_\_\_\_\_  
kotex \_\_\_\_\_  
liquid soap \_\_\_\_\_  
napkins \_\_\_\_\_  
paper cups \_\_\_\_\_  
paper plates \_\_\_\_\_  
paper sacks \_\_\_\_\_  
paper towels \_\_\_\_\_  
pine sol \_\_\_\_\_  
plastic silverware \_\_\_\_\_  
pre-wash spray \_\_\_\_\_  
toilet paper \_\_\_\_\_  
wash soap \_\_\_\_\_  
wax paper \_\_\_\_\_  
ziploc bags \_\_\_\_\_  
\_\_\_\_\_

FROZEN

hash browns \_\_\_\_\_  
French fries \_\_\_\_\_  
onion rings \_\_\_\_\_  
orange juice \_\_\_\_\_  
rolls \_\_\_\_\_  
TV dinners \_\_\_\_\_  
waffles \_\_\_\_\_  
\_\_\_\_\_

