

"You can do what I can't do. I can do what you can't do. Together we can do something beautiful for God."
 ~Mother Teresa

GROCERY SHOPPING LIST



DAIRY

- Eggs
- Milk
- Butter
- Margarine
- Sour Cream
- Whipped Cream
- Yogurt
- Cottage Cheese
- Cream Cheese
- Parmesan
- Other Cheese
- _____

MEAT/POULTRY

- Bacon
- Sausage
- Deli Meat
- Hot Dogs
- Chicken
- Turkey
- Beef
- Pork
- Ham
- Fish
- Shellfish
- _____

FRUIT

- Apples
- Bananas
- Berries
- Grapefruit
- Grapes
- Lemons
- Limes
- Melon
- Oranges
- Pears
- _____

VEGETABLES

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Garlic
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Radishes
- Spinach
- Tomatoes
- _____

BREADS

- Bagels
- Bread
- Buns
- English Muffins
- Rolls
- _____

DRY GOODS

- Cereal**
- Oatmeal
- Cookies
- Crackers
- Pasta/Noodles**
- Beans
- Lentils/Peas
- Rice
- Bread Crumbs
- Flour
- Sugar
- Cake Mix
- Pancake Mix
- Gelatin
- Potato Chips
- Tortilla Chips
- _____

BEVERAGES

- Cocoa
- Coffee
- Tea
- Fruit Juice
- Soft Drinks
- Mineral Water
- Wine
- _____

CANNED GOODS

- Baby Food
- Applesauce
- Fruit
- Chili
- Mushrooms
- Soup
- Spaghetti Sauce
- Stewed Tomatoes
- Tomato Paste
- Tomato Sauce
- Tuna**
- Vegetables
- _____

FROZEN FOODS

- Apple Juice
- Orange Juice
- Ice Cream
- Potatoes
- Vegetables
- Frozen Dinners
- Frozen Pizza
- Frozen Waffles
- _____

BAKING GOODS

- Baking Soda
- Baking Powder
- Corn Starch
- Salt
- Pepper
- Chocolate Chips
- Nuts
- Raisins
- Vanilla
- Dried Herbs
- Spices
- _____

PAPER PRODUCTS

- Facial Tissue**
- Toilet Tissue**
- Napkins
- Paper Towels**
- Aluminum Foil
- Plastic Wrap
- Lunch Bags
- Sandwich Bags
- Garbage Bags
- _____

CONDIMENTS

- Oil
- Vinegar
- Ketchup**
- Mayonnaise**
- Mustard
- Oliver
- Pickles
- Relish
- Salsa
- Salad Dressing
- Shortening
- Soy Sauce
- Honey
- Jelly/Jam
- Peanut Butter**
- Syrup

LAUNDRY

- Bleach
- Detergent**
- Fabric Softener
- Stain Remover
- _____

KITCHEN

- All Purpose
- Dish Detergent
- Dishwasher Soap
- Floor Cleaner
- Furniture Polish
- Glass Cleaner
- Steel Wool Pads
- _____

BATHROOM

- Bath Soap
- Deodorant
- Lotion
- Razors
- Shaving Cream
- Shampoo
- Toothpaste
- _____

MISCELLANEOUS

- Bandages
- Batteries
- Candles
- Light Bulbs
- Paper Plates
- Pet food
- Stamps
- Vitamins
- _____

** These items are usually highly needed at the Food Pantry