

Grocery Checklist

CRITICAL

- ☐
- ☐
- ☐
- ☐
- ☐

PRODUCE

- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Berries
- ☐ Broccoli
- ☐ Carrots
- ☐ Celery
- ☐ Cucumbers
- ☐ Garlic
- ☐ Grapefruit
- ☐ Grapes
- ☐ Lemons/Limes
- ☐ Lettuce
- ☐ Melons
- ☐ Mushrooms
- ☐ Onions
- ☐ Oranges
- ☐ Peppers
- ☐ Potatoes
- ☐ Squash/Zucchini
- ☐ Tomatoes
- ☐
- ☐

BREAD / BAKERY

- ☐ Bagels
- ☐ Bread
- ☐ Cake
- ☐ Cookies
- ☐ Dinner Rolls
- ☐ Donuts
- ☐ French Bread
- ☐ Hamburger Buns
- ☐ Hot Dog Buns
- ☐ Muffins
- ☐ Pastries
- ☐ Pie
- ☐ Pita Bread
- ☐ Tortillas
- ☐
- ☐

BREAKFAST

- ☐ Cold Cereal
- ☐ Oatmeal
- ☐ Creamed Wheat
- ☐ Pancake Mix
- ☐
- ☐

MEAT

- ☐ Bacon
- ☐ Beef / Steak
- ☐ Chicken
- ☐ Deli Meat
- ☐ Fish
- ☐ Ground Beef
- ☐ Ham
- ☐ Hot Dogs
- ☐ Pork
- ☐ Sausage
- ☐ Turkey
- ☐
- ☐

DAIRY / FRIDGE

- ☐ Biscuits
- ☐ Butter
- ☐ Cheese
- ☐ Cookie Dough
- ☐ Cream Cheese
- ☐ Dips
- ☐ Eggs
- ☐ Half & Half
- ☐ Milk
- ☐ Sour Cream
- ☐ Whip Cream
- ☐ Yogurt
- ☐
- ☐

FROZEN

- ☐ Chicken
- ☐ Desserts
- ☐ Dinners
- ☐ Fish
- ☐ Fruits
- ☐ Ice
- ☐ Ice Cream
- ☐ Ice Pops
- ☐ Juice
- ☐ Lasagna
- ☐ Pie
- ☐ Pizza
- ☐ Vegetables
- ☐ Waffles
- ☐

DRINKS

- ☐ Water
- ☐ Juice
- ☐ Soda
- ☐ Sports Drinks
- ☐ Coffee
- ☐ Tea
- ☐
- ☐

CANNED

- ☐ Apple Sauce
- ☐ Beans
- ☐ Chili
- ☐ Fruits
- ☐ Mushrooms
- ☐ Olives
- ☐ Soup
- ☐ Tomato Sauce
- ☐ Tuna
- ☐ Vegetables
- ☐
- ☐
- ☐

DRY / BAKING

- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Bread Crumbs
- ☐ Brownie Mix
- ☐ Cake Mix
- ☐ Canned Milk
- ☐ Chocolate Chips
- ☐ Cocoa
- ☐ Cornmeal
- ☐ Cornstarch
- ☐ Flour
- ☐ Food Coloring
- ☐ Frosting
- ☐ Muffin Mix
- ☐ Oatmeal
- ☐ Pie Crust
- ☐ Shortening
- ☐ Sugar (brown)
- ☐ Sugar (powder)
- ☐ Sugar (white)
- ☐ Vanilla
- ☐ Yeast
- ☐
- ☐

PASTA / RICE

- ☐ Couscous
- ☐ Hamburger Helper
- ☐ Lasagna
- ☐ Mac & Cheese
- ☐ Macaroni
- ☐ Noodle Mixes
- ☐ Ramen
- ☐ Rice (brown)
- ☐ Rice (white)
- ☐ Rice Mixes
- ☐ Spaghetti
- ☐
- ☐

SAUCES / OILS

- ☐ Vegetable Oil
- ☐ Soy Sauce
- ☐ Olive Oil
- ☐ Vinegar
- ☐ BBQ Sauce
- ☐ Hot Sauce
- ☐ Spaghetti Sauce
- ☐ Syrup
- ☐

CONDIMENTS

- ☐ Mustards
- ☐ Honey
- ☐ Jam / Jelly
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Peanut Butter
- ☐ Pickles
- ☐ Salad Dressing
- ☐ Salsa
- ☐
- ☐

SPICES

- ☐ Salt
- ☐ Pepper
- ☐ Cinnamon
- ☐
- ☐

SNACKS

- ☐ Candy
- ☐ Cookies
- ☐ Crackers
- ☐ Dip / Salsa
- ☐ Dried Fruits
- ☐ Fruit Snacks
- ☐ Graham Crackers
- ☐ Granola Bars
- ☐ Nuts / Seeds
- ☐ Popcorn
- ☐ Potato Chips
- ☐ Pretzels
- ☐ Pudding
- ☐ Raisins
- ☐ Tortilla Chips
- ☐

BABY

- ☐ Baby Food
- ☐ Diapers
- ☐ Formula
- ☐ Rash Cream
- ☐ Wipes
- ☐

PERSONAL

- ☐ Candles
- ☐ Cotton Products
- ☐ Deodorant
- ☐ Feminine
- ☐ Flies
- ☐ Hair Spray
- ☐ Lip Balm
- ☐ Lotion
- ☐ Makeup
- ☐ Mouthwash
- ☐ Pain Relievers
- ☐ Razor Blades
- ☐ Shampoo
- ☐ Shaving Cream
- ☐ Soap
- ☐ Sunscreen
- ☐ Toothbrush
- ☐ Toothpaste
- ☐

PAPER / PLASTIC

- ☐ Aluminum Foil
- ☐ Bags
- ☐ Coffee Filters
- ☐ Cups
- ☐ Garbage Bags
- ☐ Napkins
- ☐ Paper Towels
- ☐ Plastic Wrap
- ☐ Plates
- ☐ Tissues
- ☐ Toilet Paper
- ☐ Utensils
- ☐ Wax Paper
- ☐

HOUSEHOLD

- ☐ Batteries
- ☐ Bleach
- ☐ Cards
- ☐ Charcoal
- ☐ Detergent
- ☐ Dish Soap
- ☐ Dishwasher Soap
- ☐ Fabric Softener
- ☐ Glass Cleaner
- ☐ Light Bulbs
- ☐ Rags
- ☐ Sponges
- ☐ Vacuum Bags
- ☐

PET

- ☐ Pet Food
- ☐ Cat Litter
- ☐ Treats