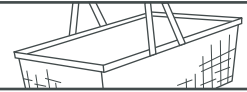


# Solutions Grocery Checklist



## Fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Lemons
- Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Other fruits:  
\_\_\_\_\_

## Produce

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce/Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes
- Other vegetables:  
\_\_\_\_\_

## Meat/Fish

- Beef
- Chicken
- Lunch meats
- Pork
- Sausage
- Salmon
- Shrimp
- Tilapia
- Tuna
- Turkey
- Other meat/seafood:  
\_\_\_\_\_

## Frozen

- Dinners
- Fish sticks
- Fries/Tater tots
- Ice cream
- Juice
- Pizza
- Vegetables
- Waffles
- Other frozen items:  
\_\_\_\_\_

## Dairy

- Butter/Margarine
- Cheese
- Cream
- Cream cheese
- Eggs
- Milk
- Sour cream
- Yogurt
- Other dairy items:  
\_\_\_\_\_

## Dry Goods

- Fresh bread
- Sliced bread
- Breadcrumbs
- Cereal
- Coffee
- English muffins
- Mac & cheese
- Oatmeal
- Pancake/waffle mix
- Pasta
- Rice
- Tortillas
- Other dry goods:  
\_\_\_\_\_

## Snacks

- Chips
- Cookies
- Crackers
- Dried fruit
- Granola bars/Mix
- Nuts/Seeds
- Pretzels
- Other snacks:  
\_\_\_\_\_

## Beverages

- Beer
- Juice
- Mixers
- Rum
- Seltzer
- Soda
- Sports drink
- Tea
- Wine
- Other beverages:  
\_\_\_\_\_

## Seasoning

- BBQ sauce
- Honey
- Hot sauce
- Jelly/jam
- Ketchup
- Mayonnaise
- Mustard
- Oil vegetable/olive
- Pasta sauce
- Peanut butter
- Pickles
- Salad dressing
- Salsa
- Soy sauce
- Syrup
- Vinegar
- Worcestershire sauce
- Other condiments:  
\_\_\_\_\_

## Canned Goods

- Applesauce
- Baked beans
- Bouillon
- Broth
- Fruits
- Olives
- Soup/Chili
- Tomato paste
- Tomato sauce
- Tomatoes
- Tuna/Chicken
- Vegetables
- Other canned goods:  
\_\_\_\_\_

## Baking Goods

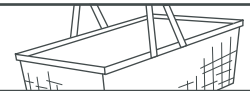
- Baking soda
- Baking powder
- Brown sugar
- Chocolate chips
- Cocoa
- Confectioner sugar
- Cornmeal
- Cornstarch
- Dried herbs
- Dried spices
- Extracts
- Flour
- Honey
- Marshmallows
- Nuts
- Pepper
- Raisins
- Salt
- Shortening
- Sugar
- Yeast
- Other baking goods:  
\_\_\_\_\_

## Kitchen

- Aluminum foil
- Dish soap
- Garbage bags
- Hand soap
- Paper towels
- Plastic wrap
- Sandwich bags
- Sponges/Scrubbers
- Other supplies:  
\_\_\_\_\_

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# Solutions Household Checklist



## Kitchen

- Aluminum foil
- Dish soap
- Garbage bags
- Hand soap
- Paper towels
- Plastic wrap
- Sandwich bags
- Sponges/Scrubbers
- Waxed paper
- Other supplies:  
\_\_\_\_\_

## Beverages

- Beer
- Coffee
- Creamer
- Iced tea
- Juice
- Milk
- Mixers
- Seltzer
- Soda
- Spirits
- Sports drink
- Tea
- Wine
- Other beverages:  
\_\_\_\_\_

## Personal care

- Cosmetics
- Cotton balls
- Cotton swabs
- Deodorant
- Lotion
- Mouthwash
- Shampoo/conditioner
- Shaving cream
- Soap
- Tissue
- Toilet paper
- Toothpaste
- Vitamins
- Other personal care:  
\_\_\_\_\_

## Medicine

- Allergy
- Antacid
- Antibiotic
- Aspirin
- Bandages/Medical
- Cold/Sinus
- Neosporin
- Pain reliever
- Vaseline
- Other medicine:  
\_\_\_\_\_

## Extras

- Batteries
- Cat litter
- Candles
- Charcoal/Propane
- Insect repellent
- Light bulbs
- Magazines
- Matches
- Notepad/Envelopes
- Pet food
- Postage stamps
- Sunblock
- Other extras:  
\_\_\_\_\_

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