Grocery Checklist

Fruits
☐ apples
☐ avocados
☐ bananas
☐ berries
☐ cherries
☐ grapefruit
☐ grapes
☐ lemons
☐ limes
☐ melons
☐ nectarines
☐ oranges
☐ peaches
☐ pears

Vegetables
☐ artichokes
☐ asparagus
☐ broccoli
☐ beets
☐ cauliflower
☐ carrots
☐ cabbage
☐ celery
☐ corn
☐ cucumbers
☐ garlic cloves
☐ green beans
☐ green onions
☐ lettuce
☐ onions/shallots
☐ peppers
☐ potatoes
☐ squash
☐ spinach
☐ tomatoes
☐ fresh herbs

Baking
☐ baking powder
☐ baking soda
☐ bread crumbs
☐ cake mix
☐ nonfat dry milk
☐ cornmeal
☐ flours
☐ sugar
☐ yeast
☐ Cooking spray
☐ lemon curd
☐ vanilla extract

Bakery/Bread
☐ bagels
☐ bread
☐ croissants
☐ dinner rolls
☐ English muffins
☐ pita bread
☐ flour tortillas
☐ corn tortillas

Breakfast
☐ cereals
☐ oatmeal
☐ cream of wheat
☐ pancake mix

Dairy
☐ butter
☐ margarine
☐ cheese
☐ cream cheese
☐ cottage cheese
☐ eggs
☐ egg substitute
☐ milk/soy milk
☐ half & half
☐ sour cream
☐ yogurt
☐ pizza dough
☐ specialty cheese

Snacks
☐ crackers
☐ dried fruit
☐ gelatin
☐ granola bars
☐ gum
☐ nuts
☐ popcorn
☐ pretzels
☐ pudding
☐ raisins
☐ tortilla chips

Pasta & Rice
☐ barley
☐ rice: brown, jasmine, wild
☐ spaghetti
☐ quinoa
☐ couscous
☐ lasagna noodles
☐ macaroni cheese

Cans & Jars
☐ applesauce
☐ beans
☐ broth/bullion
☐ canned fruit
☐ tomato paste
☐ tomatoes
☐ chili
☐ corn
☐ jam/jelly
☐ mushrooms
☐ olives (green, black, kalamata)
☐ pasta sauce
☐ peanut butter
☐ pickles
☐ soups
☐ tuna

Seasoning
☐ bay leaves
☐ basil
☐ rosemary
☐ thyme
☐ oregano
☐ cinnamon
☐ garlic
☐ poultry seasoning
☐ pepper
☐ sage
☐ salt
☐ seasoned salt
☐ dry mustard
☐ soup mix
☐ parmesan cheese

Sauces, etc.
☐ BBQ sauce
☐ catsup
☐ honey
☐ hot sauce
☐ lemon juice
☐ mayonnaise
☐ mustard
☐ olive and canola oil
☐ relish
☐ salad dressings
☐ salsa
☐ soy sauce
☐ vinegar

Drinks
☐ coffee
☐ juice
☐ tea

Meat
☐ lean beef
☐ chicken
☐ deli meat
☐ pork
☐ turkey
☐ fish
☐ seafood

Frozen
☐ chicken
☐ seafood
☐ berries
☐ mixed fruit
☐ ice
☐ ice cream
☐ juice
☐ pizza
☐ potatoes
☐ vegetables
☐ waffles

Miscellaneous

Baystate Healthy