

Grocery / Shopping List

FRESH PRODUCE

___ Apples
 ___ Asparagus
 ___ Avocados
 ___ Bananas
 ___ Beans
 ___ Beets
 ___ Berries
 ___ Broccoli
 ___ Brussel Sprouts
 ___ Cabbage
 ___ Carrots
 ___ Cauliflower
 ___ Celery
 ___ Cherries
 ___ Cilantro
 ___ Corn
 ___ Cranberry
 ___ Cucumbers
 ___ Fresh Salsa
 ___ Garlic
 ___ Grapefruit
 ___ Grapes
 ___ Jalapeños
 ___ Kiwi
 ___ Leeks
 ___ Lemons
 ___ Lettuce Iceberg / RedTip / Bag
 ___ Limes
 ___ Mangos
 ___ Melons cantaloupe
 ___ Mushrooms
 ___ Nectarines / Tangerines
 ___ Onions white / red / yellow
 ___ Oranges
 ___ Papayas
 ___ Peaches
 ___ Pears
 ___ Peppers (Green / Red)
 ___ Pineapple
 ___ Plums red / black
 ___ Potatoes Russets / Reds /
Whites / Yellows / Purples
 ___ Pumpkin
 ___ Shallot
 ___ Strawberries
 ___ Spinach
 ___ Squash
 ___ Sweet Potatoes / Yam
 ___ Tomatoes red / green
 ___ Watermelon
 ___ Zucchini

BAKERY

___ Bagels
 ___ Bolillos
 ___ Cakes / birthday / holidays
 ___ Cookies
 ___ Croissants
 ___ Donuts
 ___ French Bread
 ___ Hamburger Buns
 ___ Hot Dog Buns
 ___ Muffins
 ___ Pastries
 ___ Pies
 ___ Rolls
 ___ Wheat Bread
 ___ White Bread (Whole Grain)

FROZEN FOODS

___ Bag of Ice
 ___ Berries blue / rasp / straw
 ___ Breakfast
 ___ Frozen Dinner / Pot Pies
 ___ Frozen Seafood
 ___ Fruit
 ___ Ice Cream
 ___ Juice orange / grapefruit
 ___ Pastries
 ___ Pies
 ___ Pizza
 ___ Potatoes French Fries
 ___ Vegetables broccoli / corn /
carrots / green beans / peas /
string beans
 ___ Vegetables Mixed
 ___ Whipped Cream

SEAFOOD

___ Can Sardines
 ___ Can Tuna
 ___ Clams
 ___ Cocktail Sauce
 ___ Crabs / Crab Cakes
 ___ Crawfish
 ___ Fish catfish / red snapper /
 ...tilapia / salmon / flounder / halibut
 ___ Fish Fry Mix (Louisiana)
 ___ Shrimp
 ___ Shrimp Boil
 ___ Tartar Sauce

PACKAGED

___ Beans
 ___ Breakfast Cereal
 ___ Brownie / Cake Mix
 ___ Cereal
 ___ Coffee regular / beans /
decaf / instant
 ___ Coffee Filters
 ___ Creamer (Powder)
 ___ Cornmeal /Flour
 ___ Crackers
 ___ Dried Fruit
 ___ Granola
 ___ Hamburger Helper
 ___ Hot Cereal cream of wheat /
grits / oatmeal
 ___ Macaroni & Cheese
 ___ Noodles (Add Hot Water)
 ___ Pancake Mix
 ___ Popcorn
 ___ Potato Chips
 ___ Pretzels
 ___ Raisins
 ___ Rice (Brown or White)
 ___ Rice a Roni
 ___ Sugar / Brown Sugar
 ___ Sweetener Pink / Blue
Yellow
 ___ Tortilla Chips flour / corn /
baked / fried

MEAT MARKET

___ Bacon
 ___ Brisket
 ___ Chicken
 ___ Chili Meat
 ___ Ground Beef (Hamburger)
 ___ Ground Turkey
 ___ Ham
 ___ Hot Dogs
 ___ Liver
 ___ Pork chops / roast
 ___ Ribs (Pork or Beef)
 ___ Roast
 ___ Sausage
 ___ Steak fajitas / t-bone / thin
 ___ Turkey

DAIRY

___ Biscuits / Rolls
 ___ Butter / Margarine
 ___ Cheese Cheddar / Colby /
Swiss / Wine / Mozzarella /
Monterey Jack / Velveeta
 ___ Cottage Cheese
 ___ Cream / Creamer
 ___ Eggs (White / Brown)
 ___ Milk 2% / chocolate / butter
 ___ Party Dips / Eggnog
 ___ Sour Cream
 ___ Whipping Cream
 ___ Yogurt

CAN VEGETABLES & FRUIT

___ Applesauce
 ___ Bake Beans
 ___ Beans black / green / kidney
pinto / red / string / pork &
 ___ Carrots
 ___ Corn
 ___ Cranberry
 ___ Jalapeños / Chestnuts
 ___ Mixed Fruit
 ___ Peaches
 ___ Pears
 ___ Peas
 ___ Pineapples
 ___ Pumpkin
 ___ Sauerkraut
 ___ Spinach
 ___ Sweet Potato
 ___ Tomatoes diced / whole /
sauce / w chili (ROTEL)

SPICES

___ Allspice
 ___ Basil
 ___ Bay Leaves
 ___ Cardamom
 ___ Chili Powder / Peppers
 ___ Chives
 ___ Chocolate
 ___ Cinnamon
 ___ Cloves
 ___ Colander
 ___ Dill Weed
 ___ Garlic Powder / Salt
 ___ Ginger
 ___ Gravy Mix
 ___ Marinade
 ___ Mint
 ___ Mrs. Dash
 ___ Mustard / Dried
 ___ Nutmeg
 ___ Oregano
 ___ Paprika
 ___ Parley
 ___ Pepper / Whole / White
 ___ Rosemary
 ___ Sage
 ___ Salt / Sea Salt
 ___ Seasoning Brisket / Ribs /
Poultry
 ___ Thyme
 ___ Zatarain's (Creole Season)

OILS

___ Canola Oil
 ___ Cooking Spray
 ___ Corn Oil
 ___ Olive Oil
 ___ Vegetable Oil
 ___ Peanut Oil
 ___ Sunflower / Safflower Oil
 ___ Soybean / Cottonseed Oil

Grocery / Shopping List

MEXICAN

- ___ Cilantro
- ___ Green Chili
- ___ Jalapeños (Can) (Jar)
- ___ Pepper anaheim / chipotle /
.....poblano / serrano / jalapeños
- ___ Refried Beans
- ___ Salsa / Picante
- ___ Spanish Rice
- ___ Taco Mix
- ___ Tortilla Shells
- ___ Taco Sauce
- ___ Seasoning / Taco
- ___ Tacos
- ___ Tomatoes with Chiles
- ___ Tortillas Corn / Flour /
.....whole grain
- ___ Tortilla Chips flour / corn /
.....baked / fried
- ___ Velveeta Cheese

LUNCH MEAT & CHEESE

- ___ American Cheese Slices
- ___ Bologna
- ___ Chicken
- ___ Deli Sandwich Meats
- ___ Ham
- ___ Roast Beef
- ___ Swiss Cheese
- ___ Turkey

BEVERAGES

- ___ Beer (Bottle / Can)
- ___ Bottle Water
- ___ Juice apple / cranberry / grape /
.....grapefruit / orange /
- ___ Kool-Aid
- ___ Soft Drinks
- ___ Sparking Water
- ___ Sports / Energy Drink
- ___ Tea (Liquid or Tea Bags)
- ___ Tonic Water
- ___ V-8
- ___ Wine (Red / White)

SOUPS & STEWS

- ___ Bacon & Bean
- ___ Beef Stew
- ___ Chicken and Rice
- ___ Chicken Noodle
- ___ Chili
- ___ Chowders
- ___ Cream of broccoli / celery /
.....chicken / corn / mushroom
- ___ Mexican
- ___ Pasta with Meat
- ___ Potato
- ___ Tomato
- ___ Vegetable beef / chicken

SALAD & CONDIMENTS

- ___ Applesauce
- ___ BBQ Sauce
- ___ Bacon Bits
- ___ Cookies / Candy
- ___ Honey
- ___ Jams / Jelly
- ___ Jell-O
- ___ Ketchup
- ___ Lemon Juice
- ___ Lime Juice
- ___ Marinade
- ___ Mayonnaise / M. Whip
- ___ Mustard
- ___ Nuts / Seeds
- ___ Peanut Butter
- ___ Pickles / Olives
- ___ Relish (Dill / Sweet)
- ___ Salad Dressing
- ___ Salsa
- ___ Sloppy Joe Sauce
- ___ Soy Sauce
- ___ Steak Sauce
- ___ Syrup (Pancake & Waffle)
- ___ Tabasco / Hot Sauce
- ___ Teriyaki Sauce
- ___ Vinegar (Brown / White)
- ___ Worcestershire

CAN MEAT

- ___ Beef (potted meat)
- ___ Beef Tamales
- ___ Chicken (chunks)
- ___ Ham (spread)
- ___ Spam (loaf / spread)
- ___ Turkey
- ___ Vienna Sausage

ERRANDS

- ___ ATM Machine
- ___ Auto Parts Store
- ___ Buy Tickets
- ___ Doctor Visit / Flue Shot
- ___ Drug Store
- ___ Dry Cleaners
- ___ Gas Station / Repair
- ___ Feed Store
- ___ Hair Cut / Saloon
- ___ Hardware Store
- ___ Library
- ___ Liquor Store
- ___ Mall
- ___ Office Supplies
- ___ Oil Change
- ___ School
- ___ Shoe Repair
- ___ Post Office
- ___ Video Rental

ITALIAN

- ___ Italian Bread
- ___ Parmesan Cheese
- ___ Pasta
- ___ Spaghetti Pasta
- ___ Spaghetti Sauce

HOUSEWARES & CLEANERS

- ___ Air Filter(s)
- ___ Air Freshener
- ___ Aluminum Foil
- ___ Plastic Wrap
- ___ Wax Paper
- ___ Bath Soap
- ___ Bathroom Cleaner
- ___ Bleach
- ___ Brush / Sponges / Broom
- ___ Charcoal / Lighter Fluid
- ___ Cleaning Wipes
- ___ Cooking Gadgets
- ___ Dish Liquid
- ___ Dishwasher Detergent
- ___ Disinfectant
- ___ Dryer Sheets
- ___ Dusting Spray
- ___ Fabric Softener
- ___ Glass Cleaner
- ___ Gloves Vinyl / Latex / Rubber
- ___ Ice Cube Tray
- ___ Insecticide
- ___ Kitchen Cleaner (Lysol)
- ___ Laundry Detergent
- ___ Light Bulbs
- ___ Oven cleaner
- ___ Paper Plates / Cups / Bowls
- ___ Paper Towels
- ___ Scrubber / Scourer
- ___ Toilet Bowl Cleaners
- ___ Toilet Paper
- ___ Toothpicks
- ___ Trash Bags
- ___ Ziploc Bags

PET

- ___ Bird Seed
- ___ Dog Biscuits
- ___ Flea Collar / Medication
- ___ Pet Food (Wet / Dry)
- ___ Pet Shampoo



PHARMACY / DRUGSTORE

- ___ After Shave
- ___ Antiseptic Cream
- ___ Band-Aids
- ___ Bath Soap
- ___ Batteries AAA / AA / C / D / 9volt
- ___ Candles
- ___ Cold Medicine
- ___ Cologne
- ___ Cosmetics / Perfume
- ___ Cotton Balls
- ___ Cough Syrup
- ___ Dental Floss / Cleaner
- ___ Deodorant
- ___ Eye care
- ___ Feminine Products pads /
.....tampons / wash
- ___ First Aid Cream
- ___ Greeting Cards
- ___ Hair color
- ___ Hair Mousse
- ___ Hair spray
- ___ Hosiery
- ___ Hydrogen Peroxide
- ___ Laxatives
- ___ Lip Stick / Lip Balm
- ___ Lotion / Cream
- ___ Matches / Lighters
- ___ Pain Reliever
- ___ Prescriptions
- ___ Q-tips
- ___ Razor / Razor Blades
- ___ Rubbing Alcohol
- ___ Shampoo / Conditioner
- ___ Shaving Cream / Gel
- ___ Suntan Lotion
- ___ Toothpaste / Tooth Brush
- ___ Mouthwash
- ___ Medicines
- ___ Vitamins / Supplements



<http://www.mypyramid.gov/>

U.S. Food and Drug Administration

www.cfsan.fda.gov



www.fruitsandveggiesmorematters.org

**Moe Jones
South Houston, TX
MoeJones.info**

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