



# GROCERY LIST

## FROM FOOD STORAGE MOMS

### dairy

- Milk
- Buttermilk
- Chocolate Milk
- Almond Milk
- Rice Milk
- Eggs
- Sour Cream
- Cream Cheese
- Yogurt
- Shredded Cheese
- Block Cheese

### drinks

- Bottled Water
- Sparkling Water
- Flavored Water
- Soft drinks
- Apple Juice
- Orange Juice
- Lemonade
- Limeade
- Coffee
- Tea

### condiments

- Peanut Butter
- Almond Butter
- Jam/Jelly
- Ketchup
- Mustard
- Honey Mustard
- Mayo
- Miracle Whip
- Salsa
- Honey
- Soy Sauce
- Vinegar
- Salad dressing
- Olive or vegetable oil

### fruit

- Apples
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cuties
- Oranges
- Pineapple
- Raspberries
- Strawberries
- Watermelon

### frozen food

- Ice cream
- Pizza
- Waffles
- Onions
- Vegetables

### pasta

- Spaghetti
- Macaroni
- Linguini
- Bowtie

### toiletries

- Pain reliever
- Floss
- Lotion
- Toothpaste
- Toothbrush
- Shampoo/Conditioner
- Razors
- Deodorant
- Hand Sanitizer
- Hand Soap
- Menstrual Supplies

### vegetables

- Avocado
- Broccoli
- Bok Choy
- Carrots
- Cucumbers
- Garlic
- Lettuce
- Mushrooms
- Onions
- Potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini

### canned food

- Green Beans
- Diced Tomatoes
- Tomato Paste
- Spaghetti Sauce
- Corn
- Beans
- Chicken Broth
- Beef Broth
- Vegetable Broth
- Green Chilies
- Olives
- Canned chicken
- Canned beef
- Canned tuna

### meat

- Chicken
- Beef
- Sausage
- Fish
- Bacon
- Hamburger Patties
- Hot Dogs
- Turkey