

# GROCERY *list*

## KITCHEN STAPLES

### GRAINS

- MINUTE WHITE RICE
- MINUTE BROWN RICE
- SPAGHETTI NOODLES
- EGG NOODLES
- WHOLE WHEAT PENNE
- ROLLED OATS
- BOXED CEREAL
- TORTILLAS
- BREAD

### BAKING

- WHITE/ BROWN/ POWDERED SUGAR
- ALL PURPOSE FLOUR
- BAKING SODA & POWDER
- YEAST
- MOLASSES
- SHORTENING
- VANILLA EXTRACT
- RICE/WHITE/APPLE CIDER VINEGAR
- COOKING SPRAY
- OLIVE OIL
- HONEY
- MAPLE SYRUP

### SPICES

- SALT
- PEPPER
- ALLSPICE
- BASIL
- CAYENNE PEPPER
- CHIVES
- DILL
- CLOVES
- CUMIN
- CORIANDER
- GARLIC POWDER
- GINGER
- NUTMEG
- ONION POWDER
- OREGANO
- PAPRIKA
- PARSLEY
- RED PEPPER FLAKES
- ROSEMARY

### FROZEN

- FROZEN MIXED VEGETABLES

### PARISHABLE

- GROUND TURKEY/BEEF
- CHICKEN BREASTS
- EGGS
- MINCED GARLIC
- EGGS
- BUTTER
- MILK
- COFFEE CREAMER
- MAYONNAISE
- MUSTARD
- KETCHUP
- BARBEQUE SAUCE
- PICKLES
- SHREDDED CHEDDAR/MOZZ/PARM
- APPLESAUCE
- SOY SAUCE
- YELLOW ONION
- PEPPERS (RED OR GREEN)
- CARROTS
- POTATOES (REGULAR & SWEET)
- FRUIT
- LUNCHMEAT
- BREAKFAST MEAT (SAUSAGE OR BACON)

### CANNED/JARRED

- PEAS
- GREEN BEANS
- CORN
- CHILI BEANS
- PINTO BEANS
- 2-3 CANS CHICKEN BROTH
- 1-2 CANS BEEF BROTH
- TOMATO PASTE
- TOMATO SAUCE
- DICED TOMATOES
- CREAM OF CHICKEN SOUP
- CREAM OF MUSHROOM
- CHEESY BROCCOLI SOUP
- MARINARA SAUCE
- COCONUT MILK