## Fruits
- Apples
- Pears
- Bananas
- Oranges
- Berries
- Grapes
- Melon

## Veggies
- Salad Greens
- Broccoli
- Carrots
- Cucumbers
- Garlic
- Lettuce
- Tomatoes
- Mushrooms
- Onions
- Peppers
- Potatoes
- Squash
- Zucchini
- Green Beans

## Baking
- Sugar
- Flour
- Vanilla
- Pancake Mix

## Deli
- Cold Cuts
- Cheese
- Deli Salad
- Hot Dogs

## Meat/Fish
- Hamburger
- Chicken
- Pork
- Fish
- Bacon
- Sausage

## Dairy
- Milk
- Butter
- Eggs
- Sour Cream
- Creamer
- Cream Cheese
- Yogurt

## Frozen Food
- Waffles
- Pizza
- Veggies
- Ice Cream

## Cereal
- Oatmeal
- Cold Cereal

## Deli Salad
- Cold Cuts
- Cheese
- Deli Salad
- Hot Dogs

## Beverages
- Water
- Juice
- Soda
- Coffee
- Tea

## Sauces/Oils
- Spaghetti Sauce
- Vegetable Oil
- Vinegar
- Salad Dressing
- Soy Sauce
- Spaghetti Sauce
- Syrup

## Condiments
- Peanut Butter
- Jelly/Honey
- Ketchup
- Mustard
- Mayo
- Salsa
- BBQ Sauce

## Spices
- Salt
- Pepper
- Taco Seasoning

## Canned Goods
- Beans
- Soup
- Broth
- Tomato Sauce
- Tuna Fish
- Veggies

## Pasta/Rice
- Spaghetti
- Macaroni
- Rice

## Toiletries
- Soap
- Shampoo
- Conditioner
- Band Aids
- Gauze
- Lotion
- Toothpaste
- Pain Reliever
- Tooth Brush
- Rubbing Alcohol

## Household
- Garbage Bags
- Laundry Detergent
- Dry Sheets
- Bleach
- Hand Soap
- Cleaner
- Sponges
- Batteries
- Light Bulbs

## Snacks
- Chips
- Dip
- Crackers
- Raisins
- Granola Bars
- Nuts
- Popcorn
- Raisins
- Hummus
- Pretzels

## Misc.

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**STRAPPED FOR TIME AND IN NEED OF A GROCERY LIST?**

Try this easy-to-print list, all set for the parent on the go!