

PRODUCE:

POM JUICE
 APPLES
 BANANAS
 LEMONS
 ONIONS
 PEPPERS
 CARROTS
 LETTUCE/CABBAGE
 POTATOES
 BROCCOLI
 GARLIC
 CELERY
 BOK CHOY

CONDIMENTS:

PEANUT BUTTER
 JELLY
 MAYO
 MIRACLE WHIP
 KETCHUP
 MUSTARD
 A-1 SAUCE
 DALE'S MARINADE
 SOY SAUCE
 WORCESTERSHIRE
 PICKLES
 VINEGAR
 OIL – olive, canola, coconut
 PAM SPRAY

BAKING ITEMS:

YEAST
 FLOUR – WHITE / WHEAT
 SUGAR – WHITE, BROWN,
 POWDERED

BAKING SODA / POWDER
 MUFFIN CUPS

VANILLA - SPICES
 CHOC. CHIPS
 WALNUTS

CANNED VEGGIES:

GREEN BEANS
 MUSHROOMS
 KIDNEYS, BLACK, WHITE
 GARBANZOS
 TOMATOES
 BROTH

CANNED FRUIT

RAISINS / CRAISINS

RICE / PASTA
 PARMESAN

BLACK OLIVES
 LEMON / LIME JUICE

CEREAL

OATMEAL
 TEA (green/white)
 COFFEE

CANDY / GUM

CRACKERS:

Snack, saltines, graham

NUTS
 POPCORN

POULTRY**VITAMINS:**

MULTIVITAMIN
 PAIN RELIEVER
 BAND-AIDS
 LOTIONS
 SUNSCREEN

BATH:

DEODORANT
 TOOTHPASTE
 FLOSS
 MOUTH WASH
 RAZORS
 LIQUID SOAP
 SHAMPOO
 CONDITIONER
 TAMPONS
 PADS
 CAREFREE LONGS

PAPER

TRASH BAGS
 FOIL, WAX PAPER
 PLASTIC WRAP
 PARCHMENT PAPER
 ZIPLOCKS – SANDWICH,
 LG. OR SNACK
 NAPKINS

TOILET PAPER
 PUFFS
 PAPER TOWELS

CLEANING:

CLOROX WIPES
 DISH SOAP

DISHWASHER SOAP
 SOS PADS - SPONGES
 LAUNDRY DETERGENT
 BLEACH / POWDER
 COPPER CLEANER
 RUBBER GLOVES

BATTERIES/PETS

TOOTHPICKS
 BATTERIES

MEAT

Ground beef, steaks, roast

CHEESES

SOUR CREAM

FROZEN:

EZEKIEL BREAD

DAIRY:

MILK – skim
 EGGS
 COTTAGE CHEESE
 GREEK YOGURT
 BUTTER – stick / tub

BREAD**THE GRAND PARENTS**

Ensure
 Protein bars
 Depends, Clearlax