

**Fruit**

apples / pears / bananas / oranges / tangerines / lemons / grapefruit / melon / peaches / plums / grapes / nectarines / pineapple / cherries / strawberries / blueberries

other: \_\_\_\_\_

**Vegetables**

potatoes / yams / carrots / celery / spinach / collards / kale / peppers / lettuce / beets / onions / garlic brussel sprouts / eggplant / asparagus / cabbage / corn / mushrooms / tomatoes / green beans /

turnips / scallions / squash / zucchini / other: \_\_\_\_\_

**Canned Goods**

soup / chili / chowder / chicken stock / vegetable stock / beef stock / pumpkin / tomatoes / spaghetti sauce / tomato sauce / tomato paste / salsa / pineapple / peaches / pears / tuna / salmon / beans:

chickpeas / pinto / black / refried / other: \_\_\_\_\_

**Dry Goods**

whole wheat flour / all-purpose white flour / brown rice / long-grain white rice / lentils / split peas / pasta / beans: black / navy / pinto / polenta / bread / crackers / muffins / bagels / cereal / oatmeal /

cream of wheat / granola / muesli / pancake mix / waffles / sugar / cocoa / wheat germ / brown sugar  
other: \_\_\_\_\_

**Fresh Meat, Seafood & Tofu**

chicken / turkey / fish / shellfish / beef / tofu / other: \_\_\_\_\_

**Dairy**

milk / powdered milk / buttermilk / half & half / whipping cream / yogurt / eggs / Cheese: queso / swiss / cheddar / feta / mozzarella / parmesan / romano / brie / gouda / butter / margarine / eggs /

sour cream / cottage cheese / other: \_\_\_\_\_

**Snacks**

peanuts / raisins / tortilla chips / pretzels / rice cakes / crackers / cheese sticks / granola bars /

other: \_\_\_\_\_

**Drinks**

juice: orange / grapefruit / fruit blend / apple cider / club soda / soy milk / coffee: regular / decaf / tea: regular / herbal / other: \_\_\_\_\_

**Desserts**

sorbet / sherbet / frozen yogurt / ice cream / cookies / pie / pudding / jello / popcorn /

other: \_\_\_\_\_

**Oils, Dressings, Condiments**

shortening /oil: olive / canola / corn / salad dressing / soy sauce / vinegar / mustard / mayonnaise / catsup / other: \_\_\_\_\_

**Spices & Flavorings**

salt / oregano / basil / curry powder / black pepper / cinnamon / cloves / allspice / vanilla / cocoa / other: \_\_\_\_\_

**Animal Supplies**

cat food / dog food / cat litter / fish food / bones / treats / flea collar / other: \_\_\_\_\_

**Household**

air freshener / aluminum foil / plastic wrap / sandwich bags / trash bags / batteries / bleach / dish soap / candles / dishwasher soap / scrubber / glass cleaner / straws / toothpicks / carpet cleaner / bathroom cleaner / toilet paper / paper towels / tissues / laundry detergent / spot remover / napkins / cards / other: \_\_\_\_\_

**Health and Beauty Items**

bandages / deodorant / toothpaste / toothbrushes / diapers / feminine hygiene / hair product / pain reliever / razor blades / shampoo / conditioner / soap / shaving cream / lotion / wet wipes / dental floss / contact lens solution / barrettes / other: \_\_\_\_\_

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