

**Before you go...** Take your canvas or plastic bags, take coupons, propane tank to refill, drop off prescription and do you need to return anything like a rented movie or anything else?

## Meat

- bacon
- chicken
- deli meat
- ground beef
- ground turkey
- ham
- hot dogs
- lamb
- lunch meat
- pork
- roast
- sausage
- steak
- turkey
- \_\_\_\_\_

## Seafood

- catfish
- cod
- crab
- halibut
- lobster
- oysters
- salmon
- shrimp
- tilapia
- tuna
- trout
- \_\_\_\_\_

## Frozen Food

- chicken bites
- desserts
- fish sticks
- french fries
- fruit
- ice cream
- ice pops
- juice
- meat
- pie shells
- pizza
- pot pies
- potatoes
- TV dinners
- vegetables
- veggie burger
- \_\_\_\_\_

## Baby Stuff

- baby cereal
- baby food
- diapers
- diaper cream
- formula
- wipes
- \_\_\_\_\_

## Pets

- cat food
- cat litter
- dog food
- shampoo
- treats / snacks
- flea treatment
- toys
- \_\_\_\_\_

## Fruits

- apples
- apricots
- avocados
- bananas
- berries
- cantaloupe
- cherries
- coconut
- grapefruit
- grapes
- kiwi
- lemons
- limes
- melons
- nectarines
- oranges
- papaya
- peaches
- pears
- plums
- pomegranate
- strawberries
- tangerines
- tomatoes
- watermelon
- \_\_\_\_\_

## Fresh Veggies

- artichokes
- asparagus
- basil
- beets
- broccoli
- cabbage
- cauliflower
- carrots
- celery
- chilies
- chives
- cilantro
- corn
- cucumbers
- eggplant
- garlic cloves
- green onions
- lettuce / greens
- onions
- peppers
- potatoes
- salad greens
- spinach
- sprouts
- squash
- zucchini
- \_\_\_\_\_

## Breakfast

- cereal
- burritos
- bran
- grits
- instant breakfast
- oatmeal
- muffins
- pancake mix
- sandwiches
- waffles
- \_\_\_\_\_

## Seasonings

- basil
- bay leaves
- BBQ seasoning
- cinnamon
- cloves
- cumin
- curry
- dill
- garlic powder
- garlic salt
- gravy mix
- Italian seasoning
- marinade
- meat tenderizer
- oregano
- paprika
- pepper
- poppy seed
- red pepper
- sage
- salt/pepper
- season all
- seasoned salt
- soup mix
- vanilla extract
- \_\_\_\_\_

## Condiments

- BBQ sauce
- catsup
- cocktail sauce
- cooking spray
- duck sauce
- honey
- horseradish
- hot sauce
- lemon juice
- mayonnaise
- mustard
- olive oil
- relish
- salad dressing
- salsa
- soy sauce
- steak sauce
- sweet & sour
- teriyaki
- vegetable oil
- vinegar
- wasabi
- worcestershire
- \_\_\_\_\_

## Drinks

- beer
- champagne
- club soda
- coffee
- diet soft drinks
- energy drinks
- juice
- liquor
- mixed drink mixer
- soft drinks
- tea
- water
- wine
- \_\_\_\_\_

## Pasta & Rice

- brown rice
- hamburger helper
- cannelloni
- couscous
- elbow macaroni
- instant rice
- lasagna
- mac & cheese
- noodle mix
- rice mix regular
- spaghetti
- tuna helper
- white rice
- \_\_\_\_\_
- \_\_\_\_\_

## Cans & Jars

- apple butter
- apple sauce
- baked beans
- black beans
- broth
- bullion cubes
- canned fruit
- canned veggies
- carrots
- chili
- corn
- creamed corn
- jam/jelly
- canned meats
- mushrooms
- olives (green)
- olives (black)
- pasta
- pasta sauce
- peanut butter
- pickles
- pie filling
- pork & beans
- sandwich spread
- soup & stews
- spaghetti sauce
- \_\_\_\_\_

## Fridge Stuff

- biscuits
- butter
- cheddar cheese
- cream
- cream cheese
- dip
- eggs
- egg substitute
- feta cheese
- half & half
- jack cheese
- margarine
- milk
- mozzarella
- processed cheese
- salsa
- shredded cheese
- sour cream
- swiss cheese
- whipped cream
- yogurt
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- baking powder
- baking soda
- bread crumbs
- brownie mix
- cake decor
- cake mix
- canned milk
- chocolate chips
- cocoa
- cornmeal
- cornstarch
- flour
- food coloring
- frosting
- icing
- muffin mix
- nuts
- pie crust
- shortening
- sugar (brown)
- sugar (powdered)
- sugar
- sugar substitute
- yeast
- \_\_\_\_\_

## Snacks

- candy
- cookies
- corn chips
- crackers
- dried fruit
- fruit snacks
- jell-o
- jerky
- graham crackers
- granola bars
- health bars
- gum
- nuts
- popcorn
- potato chips
- pretzels
- pudding
- raisins
- seeds
- tortilla chips
- veggie chips
- \_\_\_\_\_

## Bakery

- bagels
- bread
- donuts
- cake
- cookies
- croutons
- dinner rolls
- hamburger buns
- hot dog buns
- muffins
- pastries
- pie
- pita bread
- shortening
- tortillas
- \_\_\_\_\_
- \_\_\_\_\_

## Kitchen Stuff

- aluminum foil
- coffee filters
- cups
- garbage bags
- napkins
- paper plates
- paper towels
- plastic bags
- plastic cutlery
- plastic wrap
- straws
- waxed paper
- ziplock bags
- \_\_\_\_\_

## Cleaning

- air freshener
- bleach
- dish soap
- dish detergent
- fabric softener
- floor cleaner
- glass spray
- laundry soap
- polish
- sponges
- vacuum bags
- \_\_\_\_\_

## Personal

- bath salts
- bath soap
- bug repellent
- conditioner
- cotton swabs
- dental floss
- deodorant
- facial tissue
- family planning
- feminine products
- hair spray
- hand soap
- lip care
- lotion
- makeup
- mouthwash
- razors/blades
- shampoo
- shaving cream
- sunscreen
- toilet tissue
- toothbrush
- toothpaste
- \_\_\_\_\_

## Other Items

- batteries
- charcoal / lighter
- greeting cards
- light bulbs
- gifts & presents
- toys or fun
- medicines
- eye glass stuff
- office supplies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**Before you check out...** Need ice, rent a movie, stock up on sale items, use customer reward card and give them your coupons!

**Notes:** \_\_\_\_\_

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