

ESSENTIAL HOUSEHOLD GROCERY LIST

FRESH PRODUCE

Onions & Garlic

Potatoes

Leafy Greens

Seasonal Fruit

DAIRY & REFRIGERATED

Milk / Alternative

Eggs

Butter / Margarine

Cheese / Yogurt

DRY GOODS & PANTRY

Rice / Grains

Pasta / Noodles

Cooking Oil

Flour / Sugar

PROTEINS

Chicken / Poultry

Beef / Pork

Fish / Seafood

Beans / Legumes

CLEANING & PAPER

Paper Towels

Toilet Paper

Dish Soap

Trash Bags

PERSONAL CARE

Toothpaste

Soap / Body Wash

Shampoo

Deodorant