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| **Fresh Produce** | **Deli Items** | **Breads** | **Dairy** | **Meats** | **Snacks** |
| Apples  Bananas  Oranges  Grapes  Berries  Tomatoes  Onions  Potatoes  Lettuce  Spring Mix  Romaine  Carrots  Celery  Broccoli  Bok Choy  Zucchini  Cucumbers  Peppers  Mushrooms  Avocado  Beets  Spinach  Arugula | Sliced meats  Ham  Roast Beef  Turkey  Salami  Sliced cheeses  American  Cheddar  Jack  Swiss  Hummus | Sliced Bread  White  Wheat  Multigrain  Bagels  Baguettes  Muffins  Scones  Doughnuts  Rolls  Garlic bread | Milk  Whole  2%  1%  Skim  Half and Half  Cream  Eggs  Yoghurt  Cream cheese  Cottage Cheese  Butter  Sour cream  Block cheese  Shredded cheese  Ice Cream | Chicken  Hamburger  Steaks  Lamb  Fish  Sausage | Crackers  Cookies  Nuts  Dried Fruit  Granola Bars  Chips |
| **Breakfast Items** | **Condiments** | **Cans/Jars** | **Paper/Plastic/**  **Cleaning** | **Drinks** | **Personal** |
| Cereal  Coffee  Tea  Oatmeal  Pancake Mix  Juice | Ketchup  Mustard  Salt/ Pepper  Mayonnaise  Relish  Salad Dressing  Peanut Butter  Maple Syrup  Jelly  BBQ Sauce  Sugar  Sugar Substitute  Oil/Vinegar  Spices | Soup  Broth  Tuna  Fruit  Veggies  Salsa  Olives | Paper Towels  Toilet Paper  Kleenex  Napkins  Plates  Cutlery  Ziplock bags  Foil  Plastic Wrap  Dish soap  Laundry Soap  Cleaning Product | Sodas  Teas  Energy drink  Juice  Wine  Beer  Spirits  Mixers | Shampoo  Conditioner  Pain reliever  Lotion  Baby needs  Soap  First Aid  Batteries |