

Grocery Shopping List

Price Chopper:

Produce: Fruit

Apples, Granny
Apples, Honey crisp
Bananas
Blueberries \$3.99 half pint
Cantaloupe
Cherries
Cranberries
Grapefruit
Grapes Green
Grapes Red
Honeydew Melon
Kiwi
Lemons
Limes
Mangoes
Nectarines
Oranges, Navel
Peaches
Pears
Pineapples
Plums
Raspberries
Rhubarb
Strawberries
Tangerines
Watermelon

Produce: Vegetables

Artichokes
Asparagus
Avocado
Basil
Beets
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Cucumbers
Dill
Eggplant
Garlic
Ginger
Green Beans
Kale
Kale, Red
Mint
Oregano
Parsley
Rosemary
Thyme
Lettuce
Mushrooms
Onions
Parsnips
Peas
Peppers Green
Peppers Red
Portobello Mushrooms
Potatoes-Red
Potatoes-Idaho
Potatoes-Russet
Radishes
Scallions
Shallots
Spinach
Squash-Acorn, Butternut,
Spaghetti, Zucchini
Sweet Potatoes
Tofu
Tomatoes, Large
Tomatoes, Cherry
Zucchini

Canned Goods

Black Beans
Garbanzo Beans
Red Kidney Beans
Tomato Sauce
Sm. Tomato Sauce
Tomato Paste
Crushed Tomatoes
Diced Tomatoes

Condiments

Jam, Jelly
Ketchup
Mayonnaise
Mustard
Olives
Nut Butters
Peanut Butter
Pickles
Olives
Salad Dressing
Salsa
Soy Sauce/Tamari
Vinegar
White Distilled Vinegar
Balsamic Vinegar
Vegetable Stock low sodium

Rice/Pasta

Brown Rice
Pearl Jade Rice
Penne
Soba Noodles
Spaghetti
Spinach Linguini
Ziti
Macaroni
Wild Rice

Fish & Meat Hamburger

Salmon Filet
Haddock
Chicken
Canned Tuna Blue Harbor/
Albacore/GMO Free
Canned Wild Salmon

Cereal

Natures Path: Maple Pecan
Maple Oatmeal PC

Sweeteners

Agave
Maple Syrup
Molasses
Honey
Organic Sugar

Oils

Avocado
Coconut
Olive

Breads

Whole Wheat

Baking Goods

Flour, Wheat
Flour, White
Flour, Bread
Baking Powder
Baking Soda
Coco
Extracts: Almond, Mint,
Vanilla
Nuts

Grocery Shopping List

Raisins
Salt
Pepper
Yeast
Nutritional Yeast

Dried Spices:

Basil, Cinnamon, Chives,
Curry, Chili Powder, Dill,
Garlic,
Nutmeg, Oregano, Paprika,
Parsley, Sage, Thyme
Coriander, Cumin

Juices, etc.

Apple
Orange
Applesauce
Lemon Juice

Coffee not decaf

Dairy

Stoney Field Half & Half
Cheese Slices
Sharp Cheddar

Snacks

Popcorn
Ritz type crackers
Wheat Crackers
Triscuit's Pepper

Frozen

Blueberries
Green Beans

Household Cleaners

Dish Detergent
Toilet Bowl Cleaner
Dishwasher soap powder
Window Cleaner
General Cleaner
Sponges

Paper Products

Garbage Bags
Napkins
Paper Towels
Paper Plates
Tissues
Plastic Wrap
Toilet Tissue
Trash Bags
Sandwich Bags
Snack Bags
Quart Bags

Health Care/Personal

Band-aids
Toothpaste Botanically Bright
Soap, Bath
Soap, Hand
Deodorant

a conventionally grown plu
would be four #'s: 4446

an organically grown plu would
be five numbers prefaced by a
9: 94446

a GMO plu would be six
numbers prefaced by an 8:
844446