



FOOD		HOUSEHOLD			
FRESH VEGETABLES <input type="checkbox"/> Asparagus <input type="checkbox"/> Broccoli <input type="checkbox"/> Carrots <input type="checkbox"/> Cauliflower <input type="checkbox"/> Celery <input type="checkbox"/> Cucumbers <input type="checkbox"/> Lettuce/Greens <input type="checkbox"/> Mushrooms <input type="checkbox"/> Onions <input type="checkbox"/> Peppers <input type="checkbox"/> Potatoes <input type="checkbox"/> Spinach <input type="checkbox"/> Squash <input type="checkbox"/> Zucchini <input type="checkbox"/> Tomatoes <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ FRESH FRUIT <input type="checkbox"/> Apples <input type="checkbox"/> Avocados <input type="checkbox"/> Bananas <input type="checkbox"/> Berries <input type="checkbox"/> Cherries <input type="checkbox"/> Grapefruit <input type="checkbox"/> Grapes <input type="checkbox"/> Kiwis <input type="checkbox"/> Lemons/Limes <input type="checkbox"/> Oranges <input type="checkbox"/> Peaches <input type="checkbox"/> Pears <input type="checkbox"/> Plums <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ FRIDGE ITEMS <input type="checkbox"/> Chip dip <input type="checkbox"/> English muffins <input type="checkbox"/> Eggs <input type="checkbox"/> Fruit juice <input type="checkbox"/> Hummus <input type="checkbox"/> Tofu <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ FROZEN <input type="checkbox"/> Breakfasts <input type="checkbox"/> Burritos <input type="checkbox"/> Fish sticks <input type="checkbox"/> Ice cream / Sorbet <input type="checkbox"/> Juice concentrate <input type="checkbox"/> Pizza / Pizza Rolls <input type="checkbox"/> Popsicles <input type="checkbox"/> Fries / Tater tots <input type="checkbox"/> TV dinners <input type="checkbox"/> Vegetables <input type="checkbox"/> Veggie burgers <input type="checkbox"/> _____ <input type="checkbox"/> _____	CONDIMENT/SAUCE <input type="checkbox"/> Condiments/Sauces <input type="checkbox"/> BBQ sauce <input type="checkbox"/> Gravy <input type="checkbox"/> Honey <input type="checkbox"/> Hot sauce <input type="checkbox"/> Jam/Jelly/Preserves <input type="checkbox"/> Ketchup/Mustard <input type="checkbox"/> Mayonnaise <input type="checkbox"/> Pasta sauce <input type="checkbox"/> Relish <input type="checkbox"/> Salad dressing <input type="checkbox"/> Salsa <input type="checkbox"/> Soy sauce <input type="checkbox"/> Steak sauce <input type="checkbox"/> Syrup <input type="checkbox"/> Worcestershire sauce <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ VARIOUS GROCERIES <input type="checkbox"/> Cereal <input type="checkbox"/> Coffee/Filters <input type="checkbox"/> Instant potatoes <input type="checkbox"/> Mac & cheese <input type="checkbox"/> Olive oil <input type="checkbox"/> Pancake/Waffle mix <input type="checkbox"/> Pasta <input type="checkbox"/> Peanut butter <input type="checkbox"/> Pickles <input type="checkbox"/> Rice <input type="checkbox"/> Tea <input type="checkbox"/> Vegetable oil <input type="checkbox"/> Vinegar <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ CANNED FOODS <input type="checkbox"/> Applesauce <input type="checkbox"/> Baked beans <input type="checkbox"/> Chili <input type="checkbox"/> Fruit <input type="checkbox"/> Olives <input type="checkbox"/> Tuna / Chicken <input type="checkbox"/> Soups <input type="checkbox"/> Tomatoes <input type="checkbox"/> Veggies <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ THEMED MEALS <input type="checkbox"/> Burger night <input type="checkbox"/> Chili night <input type="checkbox"/> Pizza night <input type="checkbox"/> Spaghetti night <input type="checkbox"/> Taco night <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	DAIRY <input type="checkbox"/> Butter/Margarine <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Half & half <input type="checkbox"/> Milk <input type="checkbox"/> Sour cream <input type="checkbox"/> Whipped cream <input type="checkbox"/> Yogurt <input type="checkbox"/> _____ <input type="checkbox"/> _____ CHEESE <input type="checkbox"/> Blue cheese <input type="checkbox"/> Cheddar <input type="checkbox"/> Cottage cheese <input type="checkbox"/> Cream cheese <input type="checkbox"/> Feta <input type="checkbox"/> Goat cheese <input type="checkbox"/> Mozzarella <input type="checkbox"/> Parmesan <input type="checkbox"/> Provolone <input type="checkbox"/> Sandwich slices <input type="checkbox"/> Swiss <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ MEAT <input type="checkbox"/> Bacon / Sausage <input type="checkbox"/> Beef <input type="checkbox"/> Chicken <input type="checkbox"/> Ground beef / Turkey <input type="checkbox"/> Ham / Pork <input type="checkbox"/> Hot dogs <input type="checkbox"/> Lunch meat <input type="checkbox"/> Turkey <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ SEAFOOD <input type="checkbox"/> Catfish <input type="checkbox"/> Crab <input type="checkbox"/> Lobster <input type="checkbox"/> Mussels/Oysters <input type="checkbox"/> Salmon <input type="checkbox"/> Shrimp <input type="checkbox"/> Tilapia <input type="checkbox"/> Tuna <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ BEVERAGES <input type="checkbox"/> Juice <input type="checkbox"/> Soda pop <input type="checkbox"/> Sports drink <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	BAKED GOODS <input type="checkbox"/> Bagels/Croissants <input type="checkbox"/> Buns/Rolls <input type="checkbox"/> Cake/Cookies <input type="checkbox"/> Donuts/Pastries <input type="checkbox"/> Fresh bread <input type="checkbox"/> Pie! Yummmm... <input type="checkbox"/> Pita bread <input type="checkbox"/> _____ <input type="checkbox"/> _____ BAKING <input type="checkbox"/> Baking powder/Soda <input type="checkbox"/> Bread crumbs <input type="checkbox"/> Cake / Brownie mix <input type="checkbox"/> Cake icing <input type="checkbox"/> Chocolate chips <input type="checkbox"/> Flour <input type="checkbox"/> Shortening <input type="checkbox"/> Sugar <input type="checkbox"/> Sugar substitute <input type="checkbox"/> Yeast <input type="checkbox"/> _____ <input type="checkbox"/> _____ SNACKS <input type="checkbox"/> Candy / Gum <input type="checkbox"/> Cookies <input type="checkbox"/> Crackers <input type="checkbox"/> Dried fruit <input type="checkbox"/> Granola bars/Mix <input type="checkbox"/> Nuts/Seeds <input type="checkbox"/> Oatmeal <input type="checkbox"/> Popcorn <input type="checkbox"/> Potato chips <input type="checkbox"/> Pretzels <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ BABY STUFF <input type="checkbox"/> Baby food <input type="checkbox"/> Diapers <input type="checkbox"/> Formula <input type="checkbox"/> Lotion <input type="checkbox"/> Wipes <input type="checkbox"/> _____ <input type="checkbox"/> _____ PETS <input type="checkbox"/> Cat food / Treats <input type="checkbox"/> Cat litter <input type="checkbox"/> Dog food / Treats <input type="checkbox"/> Pet shampoo <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	SPICES & HERBS <input type="checkbox"/> Basil <input type="checkbox"/> Black pepper <input type="checkbox"/> Cinnamon <input type="checkbox"/> Garlic <input type="checkbox"/> Ginger <input type="checkbox"/> Mint <input type="checkbox"/> Oregano <input type="checkbox"/> Paprika <input type="checkbox"/> Parsley <input type="checkbox"/> Salt <input type="checkbox"/> Spice mix <input type="checkbox"/> Vanilla extract HOUSEHOLD PERSONAL CARE <input type="checkbox"/> Antiperspirant/Deodorant <input type="checkbox"/> Bath soap <input type="checkbox"/> Cosmetics <input type="checkbox"/> Cotton swabs/Balls <input type="checkbox"/> Facial cleanser <input type="checkbox"/> Facial tissue <input type="checkbox"/> Feminine products <input type="checkbox"/> Floss <input type="checkbox"/> Hair gel/Spray <input type="checkbox"/> Lip balm <input type="checkbox"/> Moisturizing lotion <input type="checkbox"/> Mouthwash <input type="checkbox"/> Razors/Shaving cream <input type="checkbox"/> Shampoo/Conditioner <input type="checkbox"/> Sunblock <input type="checkbox"/> Toilet paper <input type="checkbox"/> Toothpaste <input type="checkbox"/> Vitamins/Supplements <input type="checkbox"/> _____ <input type="checkbox"/> _____ MEDICINE <input type="checkbox"/> Allergy <input type="checkbox"/> Antibiotic <input type="checkbox"/> Acetaminophen <input type="checkbox"/> Aspirin <input type="checkbox"/> Antacid <input type="checkbox"/> Band-aids/Medical <input type="checkbox"/> Cold/Flu/Sinus <input type="checkbox"/> Pain reliever <input type="checkbox"/> Prescription pick-up <input type="checkbox"/> _____ <input type="checkbox"/> _____ KITCHEN <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Napkins <input type="checkbox"/> Non-stick spray <input type="checkbox"/> Paper towels <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Sandwich bags <input type="checkbox"/> Wax paper <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	CLEANING PRODUCTS <input type="checkbox"/> Air freshener <input type="checkbox"/> Bathroom cleaner <input type="checkbox"/> Bleach/detergent <input type="checkbox"/> Dish/dishwasher soap <input type="checkbox"/> Garbage bags <input type="checkbox"/> Glass cleaner <input type="checkbox"/> Mop/Vacuum bags <input type="checkbox"/> Sponges/scrubbers <input type="checkbox"/> _____ <input type="checkbox"/> _____ OFFICE SUPPLIES <input type="checkbox"/> CDRs / DVDRs <input type="checkbox"/> Notepad/envelopes <input type="checkbox"/> Glue/tape <input type="checkbox"/> Printer paper <input type="checkbox"/> Pens/pencils <input type="checkbox"/> Postage stamps <input type="checkbox"/> _____ <input type="checkbox"/> _____ OTHER STUFF <input type="checkbox"/> Automotive <input type="checkbox"/> Batteries <input type="checkbox"/> Charcoal/Propane <input type="checkbox"/> Flowers/card <input type="checkbox"/> Insect repellent <input type="checkbox"/> Light bulbs <input type="checkbox"/> Newspaper/Magazine <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ OTHER <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____

Before you leave...
 Take reusable bags!
 Need to return anything?
 Need any gas on the way?

Before you check out...
 Need ice?
 Need a gift card?
 Stock up on sale items?
 Bulk buy items?

Happy Shopping!
FROM OUR FAMILY TO YOURS