Grocery list

THROUGH COVID-19

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READY TO EAT FOODS

GRAINS

[ ] Cooked Brown Rice
[ ] Whole Grain Bread
[ ] Whole Grain Cereal
[ ] Whole Grain Crackers
[ ] Whole Grain English Muffin
[ ] Whole Wheat Tortilla
[ ] Soft Corn Torilla
[ ] Fig Bars
[ ] Granola Bars
[ ] Granola
[ ] Potato Chips
[ ] Cookies
[ ] Lunchables
[ ] Uncrustables

PROTEIN

[ ] Canned Salmon
[ ] Canned Tuna
[ ] Canned Sardines
[ ] Canned Chicken
[ ] Spam
[ ] Peanut Butter
[ ] Almond Butter
[ ] Nuts
[ ] Dried Beans
[ ] Canned Lentils
[ ] Canned Garbanzo Beans
[ ] Canned Baked Beans
[ ] Canned Kidney Beans
[ ] Canned Black Beans
[ ] Canned Refried Beans
[ ] Canned White Beans
[ ] Canned Pinto Beans
[ ] Canned Black-eyed Peas

VEGGIES

[ ] Fresh Veggies: broccoli, celery, carrots, cauliflower, corn, kale
[ ] Canned Green Beans
[ ] Canned Tomatoes
[ ] Canned Mushrooms
[ ] Canned Peas
[ ] Canned Carrots
[ ] Canned Babycorn
[ ] Canned Spinach
[ ] Canned Peppers
[ ] V8 Juice
[ ] Tomato Sauce
[ ] Canned Olives
[ ] Canned Beets
[ ] Canned Artichoke Hearts
[ ] Canned Pumpkin Puree

FRUITS

[ ] Fresh Fruit: apples, bananas, oranges, berries
[ ] Jam
[ ] Dried Fruit
[ ] Canned Fruit in Juice
[ ] Shelf Stable Juice
[ ] Juice Concentrate
[ ] Applesauce
[ ] Fruit Jelly
[ ] Canned Prunes
[ ] Canned Cranberry Sauce

DAIRY/ ALT

[ ] Shelf Stable Milk
[ ] Milk Powder
[ ] Shelf Stable: Soy Milk, Rice Milk, Nut Milk

COOKING REQUIRED NO REFRIGERATION

[ ] Quick Oats
[ ] Regular Oats
[ ] Whole Wheat Pasta
[ ] Egg Noodle
[ ] Bean Pasta
[ ] Dry Brown Rice
[ ] Dry Lentils
[ ] Dry Quinoa
[ ] Dry Buckwheat
[ ] Dry Barley

CANNED SOUP

[ ] Chicken Noodle Soup
[ ] Chicken Rice Soup
[ ] Beef-Barley Soup
[ ] Split Pea Soup
[ ] Minestrone Soup
[ ] Vegetable Soup
[ ] Tomato Soup

OTHER ITEMS

[ ] Can Opener
[ ] Vegetable Oil
[ ] Salt/Pepper
[ ] Spices Mix
[ ] Nutella
[ ] Bottled Water
[ ] Sports Drinks/Pedialyte

INFANT NEEDS

[ ] Infant Formula
[ ] Rice Cereal
[ ] Infant Veg Purees
[ ] Infant Fruit Purees
[ ] Infant Meat Purees

REFRIGERATION/FREEZER

GRAINS

[ ] Frozen Bread
[ ] Frozen Dough
[ ] Frozen Pie
[ ] Frozen Meals
[ ] Frozen Pizza

PROTEIN

[ ] Frozen Dumpling
[ ] Frozen Ravioli
[ ] Tofu
[ ] Ground Meat
[ ] Frozen Cooked Meat
[ ] Frozen Ground Meat

VEGGIES

[ ] Frozen Veg Mix
[ ] Frozen Broccoli
[ ] Frozen Carrots
[ ] Frozen Green Beans
[ ] Frozen Corn
[ ] Frozen Spinach
[ ] Frozen Cauliflower

FROZEN FRUIT

[ ] Frozen Juice Concentrate
[ ] Frozen Berries
[ ] Frozen Cherries
[ ] Frozen Pineapple

DAIRY

[ ] Yogurt
[ ] Greek Yogurt
[ ] Frozen Yogurt
[ ] Frozen Cheese