

# ➤ Shopping safely



## Grocery list

Use this list to help make grocery planning and shopping easier — and take it with you to the store. This list is organized by departments; add your own items as needed.

### Produce



- ☐ Apples\*
- ☐ Avocado
- ☐ Bananas
- ☐ Bell peppers
- ☐ Berries
- ☐ Broccoli
- ☐ Cabbage\*
- ☐ Carrots\*
- ☐ Cauliflower
- ☐ Celery
- ☐ Cherries
- ☐ Garlic\*
- ☐ Grapefruit\*
- ☐ Grapes
- ☐ Kiwifruit
- ☐ Lemon
- ☐ Lettuce/salad greens
- ☐ Lime
- ☐ Mango
- ☐ Onions\*
- ☐ Oranges\*
- ☐ Peaches/nectarines
- ☐ Potatoes \*
- ☐ Spinach
- ☐ Summer squash
- ☐ Tomatoes
- ☐ Winter squash\*
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Meats, Poultry and Fish



- ☐ Chicken
- ☐ Cod
- ☐ Ground chicken or turkey (lean or extra lean)
- ☐ Lean deli meat (turkey, ham, roast beef)
- ☐ Lean ground beef
- ☐ Lean ham
- ☐ Pork chops
- ☐ Pork loin
- ☐ Salmon
- ☐ Sirloin or round steak or roast
- ☐ Tilapia
- ☐ Turkey breast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Frozen



- ☐ Frozen fruit or berries (no sugar added)
- ☐ Frozen vegetables (without added salt/sauces)
- ☐ Grilled meats or fish
- ☐ Vegetarian burgers
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Refrigerated/Dairy



- ☐ Butter or butter substitute
- ☐ Cheese (e.g., cheddar, mozzarella, Swiss, etc.)
- ☐ Coffee creamer (low-fat or non-fat)
- ☐ Cottage cheese
- ☐ Eggs
- ☐ Milk
- ☐ Sour cream
- ☐ Soy milk
- ☐ String cheese
- ☐ Yogurt (light)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

### Before going to the store:

- Check store hours.
- Take along disinfecting wipes, hand sanitizer, payment and a mask.
- Send one family member only, if possible.
- Plan ahead if using pick-up or delivery services.

\*Longer shelf life when properly stored.



## Breads, Dry and Canned



- ☐ Applesauce (unsweetened)
- ☐ Barley
- ☐ Broth, low-sodium (vegetable, chicken, beef)
- ☐ Brown rice
- ☐ Canned beans (black, kidney, pinto, great northern, chickpeas)
- ☐ Canned fruit (in water or juice)
- ☐ Canned tomatoes (whole, diced, crushed, tomato paste)
- ☐ Canned vegetables (no added salt)
- ☐ Coffee
- ☐ Cooking oil (olive, canola)
- ☐ Dry beans
- ☐ Dry fruit (raisins, cranberries, etc.)
- ☐ Dry lentils
- ☐ English muffins
- ☐ Flour
- ☐ Nuts (peanuts, mixed nuts, almonds)
- ☐ Oatmeal
- ☐ Pasta sauce
- ☐ Pitas
- ☐ Pizza sauce
- ☐ Popcorn
- ☐ Quinoa
- ☐ Seeds (sunflower, pepitas)
- ☐ Soup, low-sodium (minestrone, vegetable, chicken noodle)
- ☐ Tea
- ☐ Tortillas (whole-wheat or corn)
- ☐ Tuna (water pack)
- ☐ Whole-grain bread
- ☐ Whole-grain buns/rolls
- ☐ Whole-grain cereal
- ☐ Whole-grain crackers
- ☐ Whole-grain pasta
- ☐ Whole-grain pizza crust
- ☐ Wild rice
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Seasonings and Condiments



- ☐ Jam or jelly (no sugar added)
- ☐ Ketchup
- ☐ Mayonnaise (light)
- ☐ Mustard
- ☐ Olives
- ☐ Peanut or other nut butter
- ☐ Salad dressing
- ☐ Salsa
- ☐ Spices and seasonings
- ☐ Taco sauce
- ☐ Vinegar (red wine, Balsamic, apple cider)
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Personal Care



- ☐ Body wash
- ☐ Conditioner
- ☐ Dental floss
- ☐ Deodorant
- ☐ Feminine products
- ☐ Hand sanitizer
- ☐ Lotion
- ☐ Mouthwash
- ☐ Pain relievers/over-the-counter medicines
- ☐ Shampoo
- ☐ Shaving cream
- ☐ Soap
- ☐ Toothpaste
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## Cleaning Supplies and Paper Products



- ☐ Bleach
- ☐ Disinfecting spray
- ☐ Disinfecting wipes
- ☐ Facial tissues
- ☐ Paper towel
- ☐ Sponges
- ☐ Toilet paper
- ☐ Toilet cleaner
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_