



Dairy

- Milk
- Eggs
- Cheese
 - Cheddar
 - Swiss
 - Provolone
 - Parmesan
 - Mozzarella
 - Monterrey Jack
 - Other
- Yogurt
- Butter
- Cream Cheese
- Sour Cream

Deli

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Produce

- Vegetables:
- Onions/Garlic/Shallots
 - Asparagus
 - Broccoli
 - Celery
 - Artichokes
 - Corn
 - Cauliflower
 - Cabbage
 - Carrots
 - Green Beans
 - Green Onions
 - Mushrooms
 - Parsnips
 - Parsley/Herbs
 - Radish
 - Peas
 - Peppers
 - Potatoes
 - Zucchini
 - Spinach/Lettuce
 - Sprouts
 - Eggplant
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- Fruits:
- Cherries
 - Peaches
 - Mango/Papayas
 - Plums
 - Berries
 - Apples
 - Grapefruit
 - Apricots
 - Grapes
 - Bananas
 - Oranges
 - Pears
 - Melons
 - Kiwi
 - Pineapple
 - Avocados
 - Tomatoes
 - Nectarines
 - Nuts
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Personal

- Make-up
- Deodorant
- Hand Soap
- Shampoo/Conditioner
- Hair Spray/Gel/Mouse
- Shaving Cream/Razors
- Hygiene
- Toothpaste
- Dental Floss
- Contact Solutions
- Face Scrub/Wash
- Lotion
- Sun Screen/Bug Spray
- Vitamins
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Meat

- Ground Beef/Turkey
- Chicken
- Bacon
- Pork Chops
- Ham
- Sausages
- Roast
- Steak
- * Stew
- Sandwich Meat
- Hot Dogs
- Halibut
- Lobster
- Oysters
- Clams
- Scallops
- Tuna
- Trout
- Bass
- Cod
- Shrimp
- Crab
- Salmon
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Bakery

- Sandwich Bread
- Bagels
- Tortillas
- Rolls
- Cakes
- Cookies
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Frozen

- Pizza
- Ice Cream
- Juice
- Snacks
- Dinners
- Breakfasts
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Pantry

- Spices/ Herbs
- Flour
- Sugar
- Honey
- Peanut Butter
- Jams and Jellies
- Chips
- Crackers
- Pudding/Gelatin
- Popcorn
- Cereal
- Corn Meal
- Mixes
- Yeast
- Olive Oil
- Vinegar
- Dressings
- Mustard/Ketchup
- Mayo
- Drink Mixes/Beverages
- Chocolate Chips
- Canned Goods
- Pasta
- Broth
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Household

- Toilet Paper
- Paper Towels/Plates
- Dish Soap
- Laundry Detergent
- Cleaner
- Diapers & Wipes
- Trash Bags
- Pet Food
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Errands

- Bank
- Post Office
- Schools
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