



PRODUCE

- Apples
- Apricots
- Arugula
- Artichoke
- Asparagus
- Avacado
- Bananas
- Beans, Green
- Beans, Yellow Wax
- Beets, Red
- Beets, Golden
- Bell Pepper Red
- Bell Pepper Yellow
- Bell Pepper Green
- Blackberries
- Blueberries
- Bok Choy
- Broccoli
- Brussel Sprouts
- Cabbage, Green
- Cabbage, Red
- Cantaloupe
- Carrots
- Cauliflower
- Celery
- Cherries
- Chives
- Corn on the Cob
- Cucumber English Long
- Cucumber Field
- Eggplant
- Fennel
- Garlic, Fresh
- Ginger, Fresh
- Grapefruit
- Grapes, Red
- Grapes, Green
- Honeydew
- Jalapeno Chiles
- Kale

- Kiwi
- Leeks
- Lemons
- Lettuce, Butter
- Lettuce, Iceberg
- Lettuce, Leaf
- Lettuce, Romaine
- Limes
- Mango
- Mushrooms, Button
- Mushrooms, Portabello
- Nectarines
- Onions, Red
- Onions, White
- Onions, Green
- Oranges, Navel
- Oranges, Mandarin
- Papaya
- Peas, Fresh
- Peas, Snow Snap
- Pineapple
- Potatoes, Russet
- Potatoes, Nugget
- Potatoes, Sweet
- Potatoes, Yam
- Parsnips
- Peaches
- Pears
- Plums
- Radicchio
- Radishes
- Raspberries
- Rhubarb
- Shallots
- Snow Peas
- Spinach
- Squash, Acorn
- Squash, Butternut
- Squash, Spaghetti
- Strawberries
- Sui Choy
- Swiss Chard
- Tomatoes, Field
- Tomatoes, Roma
- Tomatoes, Cherry
- Turnip

- Watermelon
- Zucchini

HERBS, FRESH

- Basil
- Cilantro
- Dill
- Lemongrass
- Mint
- Oregano
- Parsley
- Rosemary
- Sage
- Thyme

HERBS, DRIED

- Allspice
- Bay Leaf
- Black Pepper
- Cayenne Pepper
- Chinese Five Spice
- Cinnamon
- Chili Powder
- Cloves
- Coriander
- Cumin
- Curry Powder
- Garlic Powder
- Garlic Salt
- Ginger
- Marjoram
- Nutmeg
- Onion Powder
- Onion Salt
- Oregano
- Paprika
- Parsley
- Poultry Spice
- Red Pepper Flakes
- Rosemary
- Sage
- Salt
- Sea Salt
- Sesame Seeds
- Thyme
- Turmeric

DAIRY

- Milk, 1%
- Milk, 2%
- Milk, Skim
- Milk, Whole
- Almond Milk, Reg
- Almond Milk, Vanilla
- Almond Milk, Choc
- Soy Milk, Reg
- Soy Milk, Vanilla
- Soy Milk, Choc
- Cream, Whole
- Cream, Lite
- Cream, Fat Free
- Whipping Cream, Reg
- Whipping Cream, Lite

- Butter, Salted
- Butter, Unsalted
- Margarine
- Shortening

- Sour Cream, Reg
- Sour Cream, Lite
- Sour Cream, Fat Free
- Cottage Cheese, Reg
- Cottage Cheese, Lite

- Yogurt, Plain
- Yogurt, Plain Greek
- Yogurt, Vanilla
- Yogurt, Vanilla Greek
- Yogurt Variety Pack/4
- Yogurt Variety Pack/12

- Cream Cheese, Reg
- Cream Cheese, Lite
- Cream Cheese, Flav

- Cheddar Cheese, Mild
- Cheddar Cheese, Med
- Cheddar Cheese, Aged
- Marble Cheese
- Mozzarella Cheese
- Monterey Jack Cheese
- Havarti Cheese

- Shredded: Cheddar
- Shredded: Mozza
- Shredded: Pizza
- Shredded: Mexican
- Brie, Wedge
- Brie, Whole
- Camembert, Wedge
- Camembert, Whole
- Gouda
- Laughing Cow
- Babybel Cheese
- Other: _____

- Egg Whites, Carton
- Eggs, White Reg
- Eggs, White Large
- Eggs, Brown Reg
- Eggs, Brown Large
- Eggs, Free Range

PASTA/RICE

- Canelloni, Reg
- Canelloni, Whl Wheat
- Egg Noodles, Reg
- Lasagna, Reg
- Lasagna, Whl Wheat
- Lasagna, No PreCook
- Macaroni, Reg
- Macaroni, Whl Wheat
- Penne, Reg
- Penne, Whl Wheat
- Rice, White Long Grain
- Rice, White Minute
- Rice, Jasmine
- Rice, Basmati
- Rice, Brown Long Grain
- Rice, Brown Minute
- Rice, Other
- Rice Noodles
- Spaghetti, Reg
- Spaghetti, Whl Wheat
- Stir Fry Noodles, Farkay
- Vermicelli, Reg
- Vermicelli, Whl Wheat
- Other: _____
- Other: _____

CEREALS/GRAINS

- Bread Crumbs Large
- Bread Crumbs, Ground
- Breeding, Seasoned
- Cereal, Cold
- Cereal, Hot
- Couscous
- Granola
- Oatmeal
- Pot Barley
- Quinoa
- Shake n Bake

LEGUMES

- Chickpeas
- Kidney Beans
- Lentils
- Pork&Beans Molasses
- Pork&Beans Tom Sauce
- Split Green Peas
- Split Yellow Peas
- White Beans
- Other: _____

SAUCES & OILS

- Balsamic Vinegar
- BBQ Sauce
- Chili Sauce
- Hot Sauce/Tabasco
- Ketchup
- Natural Smoke
- Oil, Canola
- Oil, Olive Oil
- Oil, Sesame
- Soy Sauce, Reg
- Soy Sauce, Low Sodium
- Steak Sauce
- Stir Fry Sauce
- Stock: Beef
- Stock: Chicken
- Stock: Vegetable
- Vinegar, White
- Vinegar, Red Wine
- Vinegar, Apple Cider
- Worcestershire

CONDIMENTS & JAMS

- Bruschetta
- Chip Dip
- Guacamole
- Honey, Liquid
- Honey, Solid
- Hummus
- Jam: _____
- Jelly: _____
- Mayonnaise, Reg
- Mayonnaise, Lite
- Miracle Whip, Reg
- Miracle Whip, Lite
- Mustard, Grained
- Mustard, Yellow
- Peanut Butter, Crunchy
- Peanut Butter, Smooth
- Relish, Red
- Relish, Red
- Salad Dressing _____
- Salad Dressing _____
- Salsa
- Syrup, Maple
- Syrup, Table
- Syrup, Table Butter Flv
- Tartar Sauce
- Other: _____
- Other: _____

PICKLES, OLIVES, ETC

- Baby Corn, Tinned
- Bamboo Shoots, Tinned
- Beets, Pickled
- Bread & Butter Pickles
- Dill Pickles, Garlic
- Dill Pickles, No Garlic
- Gerkin Pickles
- Olives, Black Plain
- Olives, Black Sliced
- Olives, Green Plain
- Olives, Green Pimento
- Pearl Onions, Pickled
- Peppers, Pickled
- Water Chestnuts, Sliced
- Water Chestnuts, Whole

BEVERAGES

- Coffee, Regular
- Coffee, Decaf
- Hot Chocolate
- Juice, Apple
- Juice, Orange
- Juice, Other _____
- Pop: _____
- Pop: _____
- Tea, Herbal
- Tea, Pekoe
- Water, Bottled
- Water, Sparkling
- Other: _____
- Other: _____

SNACKS

- Chocolate
- Cookies
- Chips
- Crackers
- Nuts
- Popcorn
- Raisins
- Snack Bars
- Soda Crackers
- Tortilla Chips
- Trail Mix
- Other: _____

BREADS / BAKERY

- Bagels
- Bread, Cheese
- Bread, Cinnamon
- Bread, French
- Bread, Garlic
- Bread, Raisin
- Bread, Sourdough
- Bread, White
- Bread, Whole Wheat
- Ciabatta Buns
- English Muffins
- Hamburger Buns
- Hotdog Buns
- Kaiser Rolls

- Naan Bread
- Pita Bread
- Rolls: Crusty
- Rolls: Soft Dinner
- Tortillas
- Brownie
- Cake
- Cheesecake
- Cinnamon Buns
- Cookies
- Cupcakes
- Donuts
- Muffins
- Pie
- Other: _____

DELICATESSEN

- Cheese: _____
- Cheese: _____
- Deli Meat: _____
- Deli Meat: _____
- Dip(s)
- Pepperoni Sticks
- Salad, Ambrosia
- Salad, Bean
- Salad, Grain/Rice
- Salad, Greek
- Salad, Macaroni
- Salad, Potato w Egg
- Salad, Potato w/o Egg
- Other: _____

FROZEN FOODS

- Cool Whip/Topping
- French Fries
- Frozen Fish
- Frozen Yogurt
- Fruit/Berries
- Hashbrown Patties
- Ice Cream
- Pizza
- Vegetable: _____
- Vegetable: _____
- Waffles
- Other: _____

MEAT: BEEF

- Ground Beef, Regular
- Ground Beef, Lean
- Ground Beef, Extra Lean
- Prime Rib
- Steaks
- Roast
- Short Ribs
- Stew Beef
- Stir Fry Strips
- Other: _____

MEAT: TURKEY

- Ground
- Legs
- Whole, Stuffed
- Whole, Unstuffed
- Other: _____

MEAT: CHICKEN

- Breasts, Boneless
- Breasts, Bone In
- Ground Chicken
- Legs/Backs
- Stir Fry Strips
- Thighs
- Wings
- Whole Grade A Roaster
- Whole Fryer

MEAT: PORK

- Chops, Fast Fry
- Chops, Thicker Cut
- Ground
- Ribs, Back
- Ribs, Side
- Roast, Centre Cut
- Roast, Outside Cut
- Tenderloin, Reg
- Tenderloin, Stuffed

- Bacon, Regular
- Bacon, Low Sodium
- Breakfast Sausage
- Seasoned Sausage
- Other: _____

TINNED GOODS

- Pasta Sauce
- Salmon
- Soup: Beef Stock
- Soup: Chicken Stock
- Soup: Cream Chicken
- Soup: Cream Mushroom
- Soup: Vegetable Stock
- Soup: _____
- Soup: _____
- Tomato Paste
- Tomatoes: Whole
- Tomatoes: Diced
- Tomatoes: Stewed
- Tomato Sauce
- Tuna, Chunk in Water
- Tuna, Flaked in Water
- Tuna, Chunk in Oil
- Tuna, Flaked in Water
- Vegetables: _____
- Vegetables: _____
- Other: _____
- Other: _____

BAKING / STAPLES

- Baking Chocolate
- Baking Powder
- Baking Soda
- Biscuit Mix
- Cake/Brownie Mix
- Chocolate Chips
- Cocoa
- Coconut
- Condensed Milk
- Corn Syrup
- Cornstarch
- Dates
- Flour
- Gelatin
- Graham Wafers
- Graham Wafer Crumbs
- Icing Mix
- Jello Mix
- Pancake Mix
- Pie Filling

- Pudding/Mousse Mix
- Rolled Oats
- Sugar, Brown Golden
- Sugar, Brown Dark
- Sugar, Icing/Powdered
- Sugar, White
- Tapioca
- Vanilla
- Yeast
- Other: _____
- Other: _____

HOUSEHOLD

- Garbage Bags
- Laundry Detergent
- Dishwasher Detergent
- Dish Soap
- Bleach
- Laundry Softener
- Napkins
- Aluminum Foil
- Paper Towel
- Kleenex
- Sandwich Bags
- Wax/Parchment Paper
- SOS / Scrubbies
- Light Bulbs
- Batteries

TOILETRIES / BABY

- Hand Soap, Bar
- Hand Soap, Liquid
- Shampoo
- Conditioner
- Body Wash
- Lotion
- Shave Cream
- Razors
- Deodorant
- Toilet Paper
- Dental Floss
- Hair Gel/Spray
- Diapers/Wipes
- Baby Food/Formula
- Medications
- Band-aids