

Fresh vegetables

- Asparagus
- Beets
- Broccoli / Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Lettuce
- Mushrooms
- Onion
- Peppers
- Potatoes
- Spinach
- Tomatoes
- Zucchini
- Other _____
- Other _____
- Other _____

Fresh fruits

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Grapes
- Kiwis
- Lemons/ Limes
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Other _____
- Other _____
- Other _____

Dairy & cheese

- Butter
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Heavy cream
- Milk
- Mozzarella
- Parmesan
- Ricotta
- Sandwich slices
- Sour cream
- Shredded
- Whipped cream
- Yogurt
- Other _____
- Other _____
- Other _____

Meat & seafood

- Bacon
- Beef
- Chicken
- Ground beef
- Ground turkey
- Halibut
- Ham
- Hot dogs
- Lunchmeat
- Pork
- Salmon
- Sausage
- Steak
- Turkey
- Tuna
- Crab
- Other _____
- Other _____
- Other _____

Baked goods

- Bagels
- Buns
- Cake
- Cookies
- Crackers
- Croissants
- Fresh bread
- Pastries
- Pie
- Pitas
- Sliced bread
- Other _____
- Other _____
- Other _____

Canned foods

- Applesauce
- Baked beans
- Beans
- Corn
- Mixed fruits
- Olives
- Pasta sauce
- Pickles
- Tuna
- Soups
- Tomatoes
- Other _____
- Other _____
- Other _____

Spices, sauces & oil

- Apple cider vinegar
- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Hot sauce
- Oregano
- Parsley
- Salt
- Soy sauce
- Olive oil
- Vegetable oil
- Other _____
- Other _____
- Other _____

Baking

- Baking powder
- Baking soda
- Bread crumbs
- Brown sugar
- Chocolate chips
- Cocoa
- Flour
- Oatmeal
- Sugar
- Yeast
- Other _____
- Other _____
- Other _____

Frozen

- Burritos
- Desserts
- Fish sticks
- Ice cream
- Juices
- Pizzas
- Popsicles
- Sorbet
- Vegetables
- Veggie burgers
- Other _____
- Other _____
- Other _____

Other

- Eggs
- Juice
- Tofu
- Bottles water
- Coffee
- Rice
- Peanut butter
- Napkins
- Toilet paper
- Toothpaste
- Other _____

Before you go:

1. Scan your fridge (know thy leftovers)
2. Pick a few meals (don't wing it)
3. Grab your canvas bags (be that person)
4. Returns? Chuck 'em in.