**BEVERAGES:**

* Coconut water
* Juice (apple, grape, grapefruit, orange)
* Tea (chamomile, decaf eng breakfast, ginger, lemon zinger, throat)

**BULK STAPLES:**

* Dried beans (black, chickpeas, pinto)
* Dried fruit (cranberries, currents, dates, figs, persimmons, plums, raisins)
* Grains (buckwheat, lentils, millet, rice, quinoa)
* Nuts and seeds (almonds, cashews, peanuts, pine nuts, pistachios, sesame, sunflower, walnuts)

**CLEANING SUPPLIES:**

* Borax
* Dishwashing liquid
* Dishwasher powder
* Laundry detergent
* Powder cleaner (Bon Ami)
* Sponges

**DAIRY/REFRIDGERATED:**

* Butter
* Cheese (brie, cheddar, cottage, cream cheese, goat, feta, monterey jack, mozzarella, parmesan, ricotta, string cheese, swiss)
* Cream
* Eggs
* Hummus
* Milk (2%)
* Seafood/shellfish: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Smoked Salmon
* Tofu
* Veggie brats, dogs, sausage
* Yogurt (plain)

**FROZEN:**

* Fruits (blueberries, mango, peaches, raspberries, strawberries)
* Shrimp
* Treats (ice cream, sorbet)

**FROZEN, cont:**

* Vegetables (broccoli, edemame shelled or unshelled, green beans, peas, spinach)

**GRAINS:**

* Bagels (wheat, gf)
* Bread (sourdough, whole wheat)
* Crackers (cheddar nut thins, cheddar bunnies, peanut butter sandwich)
* English muffins
* Tortillas (wheat, corn)
* Mac and cheese
* Pasta (penne, macaroni, spaghetti, lasagna)
* Pretzels (sticks, with peanut butter)

**PANTRY STAPLES:**

* Applesauce
* Artichokes hearts
* Baking powder
* Baking soda
* Balsamic vinegar
* Beans (black, garbanzo, pinto)
* Brownie mix (gf)
* Capers
* Chocolate chips
* Coconut milk
* Dried seaweed (nori, wakame)
* Fruit spread (blueberry, raspberry, strawberry)
* Honey
* Ketchup
* Mayonnaise
* Miso soup
* Mustard
* Oil (canola, coconut, olive, peanut, safflower, walnut)
* Olives - WF
* Pancake baking mix (gf)
* Peanut butter
* Spices (salt, pepper, other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Sugar
* Tamari
* Tomato sauce
* Tuna fish

**PAPER GOODS:**

* Aluminum foil
* Paper lunch bags
* Paper towels
* Parchment paper
* Plastic baggies (gallon, quart, sandwich)
* Plastic wrap
* Toilet paper
* Wax paper

**PERSONAL:**

* Conditioner (adult, kids)
* Dental floss
* Deodorant
* Feminine products (tampons, panty liners)
* Razors
* Shampoo (adult, kids)
* Soap (bar, liquid)
* Toothpaste (adult, kids)
* Toothbrushes (adult, kids)

**PRODUCE:**

* Fruits (apples, banana, blueberries, cherries, cantaloupe, grapefruit, grapes, honeydew, kiwi, lemons, limes, mango, oranges, peaches, pineapple, raspberries, strawberries, watermelon)
* Vegetables (arugula, artichokes, asparagus, avocadoes, bell pepper, bok choy, broccoli, cauliflower, carrots, celery, corn, cucumbers, garlic, kale, lettuce, mushrooms, onion, parsnips, potatoes, scallions, shallots, spinach, squash, sugar snap peas, sweet potatoes, tomatoes, zucchini)
* Herbs (basil, cilantro, parsley, mint, sage, thyme)

**VITAMINS/SUPPLEMENTS:**

* Multiple (adult, kids)
* B, C, cal-mag, D, garlic, folic acid, GSE, zinc

**OTHER:**