

Print this on an 8 ½ x 11" piece of paper. Fold along the middle dashed line. Tape the two ends to make an "envelope."

Grocery Store Shopping List

<p>FOODS TO HAVE ON HAND</p> <p><u>Breads/Cereals/Grains</u> Bread Cereal Crackers Flour Macaroni Popcorn Rice/wild rice Spaghetti Tortillas Cornstarch</p> <p><u>Fruits/Vegetables</u> Canned vegetables & fruits Canned tomatoes Fruit juice Onions Potatoes Tomato paste Tomato sauce Celery Carrots</p> <p><u>Baking Products/Seasonings</u> Baking powder Baking soda Chili powder Cinnamon Onion or garlic powder Pepper Salt Dry onions</p> <p><u>Dairy</u> Cheese Milk</p> <p><u>Meats/Eggs/Legumes</u> Dried beans (or canned) Eggs Ground beef Peanut butter Tuna</p> <p><u>Other</u> Ketchup Margarine Sugar Vegetable oil</p>
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Put coupons in this envelope from grocery store ads, magazines, newspapers, websites, etc. Take it with you to the store.



Fresh Fruits & Vegetables	Canned Foods
Baking Products & Seasonings	Breads, Cereals & Grains
Frozen Foods	Meat, Poultry & Fish
Dairy & Refrigerated Foods	Other