



Grocery list

THROUGH COVID-19

READY TO EAT FOODS

GRAINS	PROTEIN	VEGGIES	FRUITS	DAIRY / ALT
<input type="checkbox"/> Cooked Brown Rice	<input type="checkbox"/> Canned Salmon	<input type="checkbox"/> Fresh Veggies:	<input type="checkbox"/> Fresh Fruit:	<input type="checkbox"/> Shelf Stable Milk
<input type="checkbox"/> Whole Grain Bread	<input type="checkbox"/> Canned Tuna	broccoli, celery, carrots,	apples, bananas,	<input type="checkbox"/> Milk Powder
<input type="checkbox"/> Whole Grain Cereal	<input type="checkbox"/> Canned Sardines	cauliflower, corn, kale	oranges, berries	<input type="checkbox"/> Shelf Stable:
<input type="checkbox"/> Whole Grain Crackers	<input type="checkbox"/> Canned Chicken	<input type="checkbox"/> Canned Green Beans	<input type="checkbox"/> Jam	Soy Milk, Rice
<input type="checkbox"/> Whole Grain English Muffin	<input type="checkbox"/> Spam	<input type="checkbox"/> Canned Tomatoes	<input type="checkbox"/> Dried Fruit	Milk, Nut Milk
<input type="checkbox"/> Whole Wheat Tortilla	<input type="checkbox"/> Peanut Butter	<input type="checkbox"/> Canned Mushrooms	<input type="checkbox"/> Canned Fruit in Juice	
<input type="checkbox"/> Soft Corn Torilla	<input type="checkbox"/> Almond Butter	<input type="checkbox"/> Canned Peas	<input type="checkbox"/> Shelf Stable Juice	
<input type="checkbox"/> Fig Bars	<input type="checkbox"/> Nuts	<input type="checkbox"/> Canned Carrots	<input type="checkbox"/> Juice Concentrate	
<input type="checkbox"/> Granola Bars	<input type="checkbox"/> Dried Beans	<input type="checkbox"/> Canned Babycorn	<input type="checkbox"/> Applesauce	
<input type="checkbox"/> Granola	<input type="checkbox"/> Canned Lentils	<input type="checkbox"/> Canned Spinach	<input type="checkbox"/> Fruit Jelly	
<input type="checkbox"/> Potato Chips	<input type="checkbox"/> Canned Garbanzo Beans	<input type="checkbox"/> Canned Peppers	<input type="checkbox"/> Canned Prunes	
<input type="checkbox"/> Cookies	<input type="checkbox"/> Canned Baked Beans	<input type="checkbox"/> V8 Juice	<input type="checkbox"/> Canned Cranberry Sauce	
<input type="checkbox"/> Lunchables	<input type="checkbox"/> Canned Kidney Beans	<input type="checkbox"/> Tomato Sauce		
<input type="checkbox"/> Uncrustables	<input type="checkbox"/> Canned Black Beans	<input type="checkbox"/> Canned Olives		
	<input type="checkbox"/> Canned Refried Beans	<input type="checkbox"/> Canned Beets		
	<input type="checkbox"/> Canned White Beans	<input type="checkbox"/> Canned Artichoke Hearts		
	<input type="checkbox"/> Canned Pinto Beans	<input type="checkbox"/> Canned Pumpkin Puree		
	<input type="checkbox"/> Canned Black-eyed Peas			

COOKING REQUIRED NO REFRIGERATION

CANNED SOUP

OTHER ITEMS

INFANT NEEDS

<input type="checkbox"/> Quick Oats	<input type="checkbox"/> Dry Lentils	<input type="checkbox"/> Chicken Noodle Soup	<input type="checkbox"/> Can Opener	<input type="checkbox"/> Infant Formula
<input type="checkbox"/> Regular Oats	<input type="checkbox"/> Dry Quinoa	<input type="checkbox"/> Chicken Rice Soup	<input type="checkbox"/> Vegetable Oil	<input type="checkbox"/> Rice Cereal
<input type="checkbox"/> Whole Wheat Pasta	<input type="checkbox"/> Dry Buckwheat	<input type="checkbox"/> Beef-Barley Soup	<input type="checkbox"/> Salt/Pepper	<input type="checkbox"/> Infant Veg Purees
<input type="checkbox"/> Egg Noodle	<input type="checkbox"/> Dry Barley	<input type="checkbox"/> Split Pea Soup	<input type="checkbox"/> Spices Mix	<input type="checkbox"/> Infant Fruit Purees
<input type="checkbox"/> Bean Pasta		<input type="checkbox"/> Minestrone Soup	<input type="checkbox"/> Nutella	<input type="checkbox"/> Infant Meat Purees
<input type="checkbox"/> Dry Brown Rice		<input type="checkbox"/> Vegetable Soup	<input type="checkbox"/> Bottled Water	
		<input type="checkbox"/> Tomato Soup	<input type="checkbox"/> Sports Drinks/Pedialyte	

REFRIGERATION/FREEZER

GRAINS	PROTEIN	VEGGIES	FROZEN FRUIT	DAIRY
<input type="checkbox"/> Frozen Bread	<input type="checkbox"/> Frozen Dumpling	<input type="checkbox"/> Frozen Veg Mix	<input type="checkbox"/> Frozen Juice Concentrate	<input type="checkbox"/> Yogurt
<input type="checkbox"/> Frozen Dough	<input type="checkbox"/> Frozen Ravioli	<input type="checkbox"/> Frozen Broccoli	<input type="checkbox"/> Frozen Berries	<input type="checkbox"/> Greek Yogurt
<input type="checkbox"/> Frozen Pie	<input type="checkbox"/> Tofu	<input type="checkbox"/> Frozen Carrots	<input type="checkbox"/> Frozen Cherries	<input type="checkbox"/> Frozen Yogurt
<input type="checkbox"/> Frozen Meals	<input type="checkbox"/> Ground Meat	<input type="checkbox"/> Frozen Green Beans	<input type="checkbox"/> Frozen Pineapple	<input type="checkbox"/> Frozen Cheese
<input type="checkbox"/> Frozen Pizza	<input type="checkbox"/> Frozen Cooked Meat	<input type="checkbox"/> Frozen Corn		
	<input type="checkbox"/> Frozen Ground Meat	<input type="checkbox"/> Frozen Spinach		
		<input type="checkbox"/> Frozen Cauliflower		