

Paper Products and Cleaning Supplies

- Toilet paper
- Tissues
- Paper towels
- Garbage bags
- Sandwich bags
- Freezer bags
- Laundry soap
- Fabric softener
- Dishwasher soap
- Dishwashing liquid
- Window cleaner
- All-purpose cleaner
- Floor cleaner (wood-specific for those nice wood floors)
- Furniture polish
- Plastic wrap
- Wax paper
- Aluminum foil
- Cleaning sponges
- Light bulbs

Pantry Staples

- Chicken, beef, or vegetable broth
- Canned tomatoes
- Pasta sauce
- Pasta
- Rice
- Whole oats

- Hot cocoa
- Tea
- Lentils and other dried or canned beans
- Snacks like pretzels, chips and salsa, granola bars, etc.
- Olive oil, sesame oil, coconut oil

Spices and Seasonings

- Salt
- Pepper
- Parsley
- Basil
- Paprika
- Oregano
- Dill
- Ginger
- Garlic Powder
- Chili Powder

Baking

- Flour
- Sugar
- Baking Soda
- Vanilla extract
- Baking powder
- Shortening
- Vegetable Oil
- Breadcrumbs
- Yeast

- Cocoa
- Gluten free flours if applicable

Condiments and Sauces

- Salad dressings
- Ketchup
- Mustard
- Relish
- Maple Syrup
- Worcestershire sauce
- Soy sauce or Tamari
- Steak sauce
- Mayo or Miracle Whip
- Peanut or Almond Butter
- Jelly
- Honey
- BBQ sauce
- Vinegar (Apple Cider, Balsamic, White, Red/White Wine)

Fresh Fruit and Vegetables

- Apples
- Oranges
- Bananas
- Clementines
- Grapefruit
- Lemon
- Avocado
- Lettuce

- Spinach (or other greens)
- Carrots
- Broccoli
- Potatoes
- Squash
- Mushrooms
- Grapes
- Tomatoes
- Celery

Frozen

- Vegetables
- Berries
- Breakfast foods
- Ice cream
- Pizza
- French fries
- Veggie burgers
- Healthy prepared dinners

Baked Goods

- Bread
- Bagels
- Tortilla shells
- Pita pockets
- Sweet treats

Meat

- Chicken
- Shrimp
- Fish
- Ground beef or turkey
- Breakfast sausage
- Lunch meats

Toiletries

- Deodorant
- Bath and hand soap
- Shampoo and conditioner
- Fresh toothbrush and toothpaste
- Cotton swabs and balls
- Facial cleaner
- Feminine products
- Floss
- Moisturizer
- Shaving cream
- Razor
- Band-aids
- Gauze
- Lip balm
- Sunblock