



YOUR GROCERY CHECKLIST



KITCHEN ESSENTIALS



- baking sheets
- blender
- bowls
- can opener
- chef's knife
- cooling rack
- cutting board
- flatware
- food processor
- food storage
- containers
- glasses
- kitchen shears
- measuring cups
- mixing bowls
- mugs
- oven mitts
- paring knife
- plates
- potato masher
- roasting pan
- rolling pin
- saucepans
- sauté pan
- serving bowls
- serving plates
- serving spoons
- spatula
- toaster tongs
- vegetable peeler
- whisk
- wine opener

PANTRY & FRIDGE ESSENTIALS

Basics

- all-purpose flour
- white sugar
- brown sugar
- rolled oats
- long-grain white rice
- brown rice
- baking powder
- baking soda
- cornstarch
- coffee
- dry beans
- pasta sauce pasta
- peanut butter
- jelly or jam
- nonstickcooking spray
- aluminum foil
- paper plates
- resealable bags and
- containers

Seasonings

- Olive oil
- apple cider vinegar soy
- sauce
- honey seasalt
- black pepper dried
- herbs cumin
- crushed red pepper
- garlic powder
- cinnamon
- cocoa powder
- vanillaextract

Fruits & Vegetables

- bananas
- apples
- strawberries
- peaches
- rocoli
- spinach
- salads

PANTRY & FRIDGE ESSENTIALS

Refrigerated Items

- milk
- eggs
- butter
- yogurt
- cheeses
- ketchup
- mustard
- mayonnaise



CLEANING ESSENTIALS

- air freshener
- all-surface cleaner
- baking soda
- bathroom cleaners
- bathroom scrub brush
- broom
- bucket
- candles
- carpet staincleaner
- chlorine bleach
- cookware scrubbers
- dishwasherdetergent
- dishwashing liquid
- dustpan
- fabric softener
- garbage bags
- glass cleaner
- laundry detergent
- laundry stain remover
- oven cleaner
- paper towels
- rubber gloves
- rubbing alcohol
- sponges
- spray bottle
- stainless steel cleaner
- toilet brush
- toilet plunger
- wet mop
- white vinegar

