



**Discover Publix's
Hidden Treasures**



YOUR GROCERY CHECKLIST

WWW.AISLEOFSHAME.COM/PUBLIX/

KITCHEN ESSENTIALS



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

