

## Grocery List

## Organize My Mess

Janice J. Wilhelm  
410-446-0909

<b>Bread/Bakery</b>		<b>Breakfast/Drinks</b>		<b>Canned Goods</b>	
bread- white/wheat		cereal:		kidney/pinto/black beans	
rolls:		oatmeal/crm of wht/grits		soup:	
bagels		pop tarts/breakfast bars		beef broth/chicken broth	
pita bread/wraps		coffee/tea- reg, decaf		tomato paste/sauce	
pizza dough		water/juice/soda		diced/whole tomatoes	
french/italian bread		powdered drink mix		spaghetti sauce	
tortillas/tacos				alfredo/pesto sauce	
cookies/cake		<b>Fresh/Frozen Produce</b>		fruit:	
muffins/donuts		peas/carrots		veggies:	
		beans/corn		other:	
<b>Dairy</b>		broccoli/spinach		salsa/refried beans	
milk:		zucchini/squash		<b>Frozen Foods</b>	
creamers:		tomatoes		fishsticks	
cheese:		cabbage/cauliflower		meatballs	
butter/margerine		asparagus/mixed veggies		pizza	
eggs/liquid eggs		lettuce/collard greens		waffles/pancakes/fr toast	
sour cream		potatoes/onions		icecream:	
yogurt/go-gurt		peppers		dessert:	
cream cheese		herbs:			
cheese sticks				<b>Pet Food/Snacks</b>	
cream cheese		<b>Fruit</b>		<b>Cleaning Supplies</b>	
cottage cheese		apples/oranges		sponges	
whipped cream		bananas		dishsoap	
		pears/peaches		dishwasher detergent	
<b>Meat</b>		melons/grapes		toilet cleaner	
ground beef		pineapple/strawberries		window cleaner	
roast		lemon/limes		wipes/magic erasers	
steak/ ribs		raisins/apricots		handsoap	
chicken breast				laundry soap/dryer sheets	
chicken, other		<b>Staples/Snacks</b>		bleach/stain fighter	
turkey		flour/sugar		trash bags	
pork roast/tenderloin		rice/oats/bran			
pork chops/pork ribs		oil/vinegar		<b>Toiletries</b>	
bacon/ham		nonstick cooking spray		soap	
sausage		breadcrumbs/stuffing mix		shampoo/conditioner	
veal/lamb		ketchup/mustard		toothbrush/toothpaste	
seafood:		pickles/relish		floss/mouthwash	
fish:		salad dressing/BBQ sauce		deoderant	
lunch meat:		mayo/miracle whip		razors	
lunchables		pasta		tampons/pads	
deli-salad		macaroni & cheese		lotion	
deli-other		pancake mix/syrup		medication:	
		peanut butter/jelly		<b>Paper Supplies</b>	
<b>Baby</b>		cake mix/brownie mix		toilet paper	
diapers/pullups		nuts:		paper towels	
wipes/diaper cream		spices:		facial tissue/paper napkins	
formula		candy:		disposable plates/cutlery	
cereal		fruit snacks/rollups		snack/sandwich bags	
fruit/veggies		granola bars		freezer bags- 1g/small	
snacks		chips/pretzels/popcorn		plastic wrap	
pacifier		cookies/crackers		wax paper	
bottle/liners		pudding/jello		aluminum foil	
baby soap/shampoo					

for personal use only