

## Kroger/Harris Teeter

### Fresh fruit/veggies

- Apples \_\_\_\_\_
- Bananas # \_\_\_\_\_
- Cauliflower
- Cucumbers \_\_\_\_\_
- Garlic: minced whole
- Kiwi
- Mushrooms: \_\_\_\_\_
- Peppers \_\_\_\_\_
- Potatoes – white baking
- Spinach (baby)
- Squash: butternut acorn
- Sweet potatoes
- Zucchini Yellow squash

### Deli/prepared food

- Red pepper hummus (H-T)
- Soup

### Canned/ Dry stuff

- Beets – shredded (Kroger)
- Beans: chilli black
- Pineapple: chunk crushed
- Peanut butter (natural)
- Tomato sauce Tom. paste
- Tomatoes: diced pureed
- Tabouli mix
- Rice pilaf

### Condiments/salad/oil

- Mayo
- Mustard catsup
- Olive oil (Lucini)
- Peanut oil
- Olives (green, large)
- Pickle relish: sweet dill
- Salad dressing \_\_\_\_\_
- Vinegar: Balsamic Cider

### Baking supplies

- Baking powder  b. soda
- Chili powder
- Flour (unbleached)
- Jane's Crazy mixed-up salt
- Parsley  Dill  Thyme
- Salt (low sodium)
- Sugar: raw granulated
- Spices \_\_\_\_\_

### Medical/Personal

- Band-Aids
- Cold medicine
- Cough drops, cherry 100
- Deodorant Ban Right Guard
- Mouthwash (green)
- Shaving cream
- Toothpaste: Crest Colgate

### Breads/Crackers

- Bread: rye pumpnickel
- sandwich thins

### Paper products

- Kleenex lotion sq. rectangle

### Frozen stuff

- Cherries
- Green beans  Baby peas
- Ice cream \_\_\_\_\_
- Lemon juice
- Liver for dogs

### Dairy/chilled products

- Land O' Lakes butter w/oil
  - Sour cream
  - Orange juice – no pulp
  - Greek yogurt 2% - Fage
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## Costco

### Non-foods, front section

- Batteries AA AAA 9v C
- Labeler tape

- Sandwich thins
- Desserts

### Meat/fish/chicken/deli

- Chicken, organic
- Turkey - ground
- Salmon
- Hamburger, organic
- Lamb, boneless leg
- Roast, chuck or round

### Deli/coolers near meat

- Broiled chicken
- Shrimp
- Mashed potatoes
- Veggie burgers
- Cheese \_\_\_\_\_

### Veggies/fruit in cooler

- Blackberries
- Cherries
- Grapes- red
- Strawberries
  
- Asparagus
- Broccoli
- Butternut squash
- Carrots, baby
- Celery
- Cucumber  Pea Pods
- Lettuce: Romaine Leaf
- Mushrooms: white porto
- Veggie platter with dip

### Veggies/fruit - outside cooler

- Apples \_\_\_\_\_
  - Avocado
  - Onions red white yellow
  - Peppers – sweet
  - Potatoes: red white
  - Tomatoes (Campari )
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### Drinks/paper back section

- Soft drinks \_\_\_\_\_
- Paper towels Select-a-size
- TP – Scott

### Frozen section

- Frozen entrée \_\_\_\_\_
- Black bean burgers

### Fresh refrigerator

- Cottage cheese
- Mozzarella sticks
- Bacon: Turkey Pre-cooked
- Yogurt, Greek (Fage)

- Eggs – Eggland # \_\_\_\_\_
- Milk, organic, 1%
- O.J. Fruit juice \_\_\_\_\_
- Sour cream  Cr cheese
- Butter: Salted Unsalted

### Dry goods

- Crackers: Club Multi-grain
- Lentils Beans
- Maple syrup
- Rice (basmati) white brown
- Cumin
- Vanilla – real
- Walnuts pecans almonds
- Sliced almonds

- Peas, LeSuer
- Tomatoes crushed/diced
- Chicken broth- org.
- Madras lentils

### Cleaning/paper

- Chlorox Cleanup
- Dish soap (Kirkland)
- Dishwasher tablets
- Fresh flowers
- Irish Spring soap
- Laundry detergent
- Napkins
- Paper plates \_\_\_\_\_
- Prilosec
- Razor blades Victor Linda
- Sponges: yellow blue
- Vitamins \_\_\_\_\_
- Windex new/refill
- Ziplock bags

### Center aisles, food

- Almonds - macadamias
  - Pot. chips Scoops
  - Rice sesame chips
  - Nuts: Mixed Cashews
  - Peppermints (red/white)
  - York peppermint patties
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