

**FRESH FRUIT**

\_\_\_ apples  
 \_\_\_ bananas  
 \_\_\_ grapes  
 \_\_\_ oranges  
 \_\_\_\_\_

**FRESH VEGETABLES**

\_\_\_ avacado  
 \_\_\_ carrots  
 \_\_\_ celery  
 \_\_\_ cucumbers  
 \_\_\_ onions  
 \_\_\_ lettuce  
 \_\_\_ tomatoes  
 \_\_\_ garlic  
 \_\_\_\_\_

**DRIED BEVERAGES**

\_\_\_ cider mix instant (f)  
 \_\_\_ cocoa mix instant ©  
 \_\_\_ crystal light (wm)  
 \_\_\_ lemon crystals (a)  
 \_\_\_ orange mix (w)  
 \_\_\_ fruit punch mix (w)  
 \_\_\_ tea peppermint  
 \_\_\_ tea raspberry  
 \_\_\_\_\_

**DRIED FRUIT**

\_\_\_ apple slices  
 \_\_\_ raisins  
 \_\_\_\_\_

**BAKING ITEMS**

\_\_\_ baking powder  
 \_\_\_ baking soda  
 \_\_\_ chocolate chips  
 \_\_\_ cocoa  
 \_\_\_ coconut angle flake  
 \_\_\_ cornstarch  
 \_\_\_ crumbs graham cracker  
 \_\_\_ nuts  
 \_\_\_ oil  
 \_\_\_ pam  
 \_\_\_ salt iodized  
 \_\_\_ salt rock  
 \_\_\_ shortening  
 \_\_\_\_\_

**SNACKS**

\_\_\_ tortillas  
 \_\_\_ pretzels  
 \_\_\_ chips  
 \_\_\_ popcorn microwave  
 \_\_\_\_\_

**CONDIMENTS**

\_\_\_ BBQ sauce  
 \_\_\_ ketsup  
 \_\_\_ mayonaise (fat free)  
 \_\_\_ mustard  
 \_\_\_ pickles, dill  
 \_\_\_\_\_

**MIXES**

\_\_\_ biscuit (j)  
 \_\_\_ brownie (j)  
 \_\_\_ cake  
 \_\_\_ cheese sauce (f)  
 \_\_\_ cornbread (j)  
 \_\_\_ gravy country (f)  
 \_\_\_ muffin banana nut (j)  
 \_\_\_ muffin basic (j)  
 \_\_\_ muffin bran (j)  
 \_\_\_ pancake (f)  
 \_\_\_ whipped topping (j)  
 \_\_\_\_\_

**JELLO & PUDDING**

\_\_\_ jello cheesecake  
 \_\_\_ pudding  
 \_\_\_ jello  
 \_\_\_\_\_

**FRESH DAIRY**

\_\_\_ butter  
 \_\_\_ cheese cheddar block  
 \_\_\_ cheese cheddar sliced  
 \_\_\_ cheese cottage  
 \_\_\_ margarine  
 \_\_\_ milk  
 \_\_\_ sour cream  
 \_\_\_ yogurt  
 \_\_\_ Eggs  
 \_\_\_\_\_

**FROZEN BEVERAGES**

\_\_\_ lemonade  
 \_\_\_ apple juice  
 \_\_\_ orange juice  
 \_\_\_\_\_

**FROZEN MEALS**

\_\_\_ burritos  
 \_\_\_ corn dogs  
 \_\_\_ pizza  
 \_\_\_\_\_

**FROZEN MEAT**

\_\_\_ chicken breast  
 \_\_\_ chicken legs & thighs  
 \_\_\_ hamburger  
 \_\_\_ hot dogs  
 \_\_\_ roast chuck  
 \_\_\_ sandwich meat  
 \_\_\_ steak round  
 \_\_\_ steak sirloin  
 \_\_\_ stew meat  
 \_\_\_ turkey  
 \_\_\_\_\_

**FROZEN VEGETABLES**

\_\_\_ broccoli  
 \_\_\_ peas  
 \_\_\_ corn  
 \_\_\_ stir fry  
 \_\_\_ green beans  
 \_\_\_\_\_

**CEREAL**

\_\_\_ cheerios  
 \_\_\_ corn flakes  
 \_\_\_ oatmeal instant  
 \_\_\_ rice krispies  
 \_\_\_\_\_

**SPICES & FLAVORINGS**

\_\_\_ soup base beef (f)  
 \_\_\_ soup base chicken (f)  
 \_\_\_ soup base ham (f)  
 \_\_\_ soup base mushroom (wt)  
 \_\_\_\_\_

**CANNED BEVERAGES**

\_\_\_ apple juice (wm)  
 \_\_\_ berry juice (wm)  
 \_\_\_ grape juice (wm)  
 \_\_\_ grapefruit juice  
 \_\_\_ tomato juice  
 \_\_\_ pop  
 \_\_\_\_\_

**CANNED LEGUMES**

\_\_\_ kidney beans  
 \_\_\_ pork n beans  
 \_\_\_\_\_

**CANNED MEALS**

\_\_\_ beef stew©  
 \_\_\_ chili con carne  
 \_\_\_ chili©  
 \_\_\_\_\_

**CANNED MEAT**

\_\_\_ beef chunks©  
 \_\_\_ chicken©  
 \_\_\_ ham  
 \_\_\_ hamburger ©  
 \_\_\_ pork©  
 \_\_\_ tuna  
 \_\_\_ turkey©  
 \_\_\_\_\_

**CANNED SOUP**

\_\_\_ chicken noodle  
 \_\_\_ cream of celery  
 \_\_\_ cream of chicken  
 \_\_\_ cream of mushroom  
 \_\_\_ tomato  
 \_\_\_ vegetable beef  
 \_\_\_\_\_

**MAKEUP**

\_\_\_ toner  
 \_\_\_ moisturizer  
 \_\_\_ cleanser  
 \_\_\_ makeup base  
 \_\_\_ powder  
 \_\_\_ eye shadow \_\_\_\_\_  
 \_\_\_ blush  
 \_\_\_ mascara  
 \_\_\_ eye liner -espresso  
 \_\_\_ lipstick \_\_\_\_\_

**CANNED VEGETABLES**

\_\_\_ carrots sliced  
 \_\_\_ corn  
 \_\_\_ enchilata sauce  
 \_\_\_ green beans french  
 \_\_\_ green chilis  
 \_\_\_ mushrooms  
 \_\_\_ tomatoe sauce  
 \_\_\_ tomatoes italian diced  
 \_\_\_\_\_

**CANNED FRUIT**

\_\_\_ applesauce  
 \_\_\_ apricots  
 \_\_\_ fruit cocktail  
 \_\_\_ grapefruit  
 \_\_\_ mandarin oranges  
 \_\_\_ peaches  
 \_\_\_ pears  
 \_\_\_ pineapple  
 \_\_\_\_\_

**DRIED DAIRY**

\_\_\_ butter buds  
 \_\_\_ cheese parmesaen  
 \_\_\_ cheese powdered cheddar  
 \_\_\_ cheese powdered white  
 \_\_\_ eggs pdr  
 \_\_\_ milk instant  
 \_\_\_ milk powdered  
 \_\_\_\_\_

**SALAD DRESSINGS**

\_\_\_ caesar  
 \_\_\_ ranch  
 \_\_\_ poppy seed  
 \_\_\_ zesty italian  
 \_\_\_\_\_

**GRAINS**

\_\_\_ barley  
 \_\_\_ corn meal  
 \_\_\_ oatmeal regular ©  
 \_\_\_ popcorn  
 \_\_\_ rice ©  
 \_\_\_ rice aroni  
 \_\_\_ wheat ©  
 \_\_\_ white flour ©  
 \_\_\_\_\_

**PASTA**

\_\_\_ lazagna  
 \_\_\_ macaroni  
 \_\_\_ noodles  
 \_\_\_ spagetti  
 \_\_\_\_\_

**DRIED LEGUMES**

\_\_\_ black beans©  
 \_\_\_ lentils(w)  
 \_\_\_ navy beans©  
 \_\_\_ pinto beans©  
 \_\_\_ refried beans©  
 \_\_\_ soy beans(bc)  
 \_\_\_ split peas(w)  
 \_\_\_\_\_

**CONDIMENTS continued**

- \_\_\_ salsa
- \_\_\_ pickles, relish
- \_\_\_ bacon bits
- \_\_\_ sauce cocktail
- \_\_\_ sauce soy
- \_\_\_ sauce worchestershire vinegar

**DRIED STARCHES**

- \_\_\_ potatoes diced (j)
- \_\_\_ potato pearls ©
- \_\_\_ potatoes shredded (w)
- \_\_\_ potatoes sliced (w)
- \_\_\_ stuffing (j)

**SWEETNERS**

- \_\_\_ candy mixed (cc)
- \_\_\_ honey pure
- \_\_\_ jam raspberry ©
- \_\_\_ jam strawberry (c)
- \_\_\_ sugar brown
- \_\_\_ sugar granulated ©
- \_\_\_ sugar powdered
- \_\_\_ syrup karo
- \_\_\_ syrup maple

**DRIED SOUP**

- \_\_\_ bean soup mix (w)
- \_\_\_ chicken noodle (f)
- \_\_\_ cream of chicken(f)
- \_\_\_ cream of mushroom
- \_\_\_ tomato instant (f)
- \_\_\_ top ramen beef
- \_\_\_ top ramen chicken
- \_\_\_ vegetable soup mix (w)

**CLEANING PRODUCTS**

- \_\_\_ windex
- \_\_\_ 409
- \_\_\_ bug spray
- \_\_\_ cleaner carpet
- \_\_\_ cleaner stainless steel
- \_\_\_ cleaner stove
- \_\_\_ cleanser
- \_\_\_ CLR
- \_\_\_ furniture polish
- \_\_\_ magic eraser
- \_\_\_ quick & bright
- \_\_\_ scrubbies scotchgard
- \_\_\_ scrubbies stainless steel
- \_\_\_ silver polish
- \_\_\_ soap dish
- \_\_\_ soap dishwasher

**EMERGENCY KIT**

- \_\_\_ beef jerky
- \_\_\_ capri sun
- \_\_\_ cider mix
- \_\_\_ cocoa mix
- \_\_\_ cookies
- \_\_\_ jello cups
- \_\_\_ meat salad & crackers
- \_\_\_ MRE's
- \_\_\_ oatmeal instant
- \_\_\_ pudding cups
- \_\_\_ soup instant
- \_\_\_ sweet & salty bars
- \_\_\_ trail mix

**BARS**

- \_\_\_ access (m)
- \_\_\_ fiber (m)
- \_\_\_ simply fit (m)

**PAPER GOODS**

- \_\_\_ bowls
- \_\_\_ cups 6 oz
- \_\_\_ cups 8 oz
- \_\_\_ foil
- \_\_\_ forks
- \_\_\_ knives
- \_\_\_ napkins
- \_\_\_ plastic bags kitchen
- \_\_\_ plastic bags lawn & leaf
- \_\_\_ plastic wrap
- \_\_\_ plates dessert
- \_\_\_ plates dinner
- \_\_\_ spoons
- \_\_\_ tissue rectangular
- \_\_\_ tissue square
- \_\_\_ toilet paper
- \_\_\_ towels
- \_\_\_ wax paper
- \_\_\_ ziplock gallon
- \_\_\_ ziplock quart
- \_\_\_ ziplock sandwich
- \_\_\_ ziplock snack

**PIE FILLING**

- \_\_\_ apple©
- \_\_\_ cherry©
- \_\_\_ pumpkin

**EXTRAS**

- \_\_\_
- \_\_\_
- \_\_\_
- \_\_\_
- \_\_\_

**TOILETRIES**

- \_\_\_ chapstick (m)
- \_\_\_ conditioner
- \_\_\_ cotton balls
- \_\_\_ dental floss
- \_\_\_ deodorant
- \_\_\_ face scrubs
- \_\_\_ hair spray
- \_\_\_ lotion
- \_\_\_ Q tips
- \_\_\_ shampoo
- \_\_\_ shaving cream
- \_\_\_ soap bar (m)
- \_\_\_ soap liquid
- \_\_\_ sponges
- \_\_\_ super glue
- \_\_\_ tooth brushes
- \_\_\_ toothbrush picks
- \_\_\_ toothpaste
- \_\_\_ vitamin C
- \_\_\_ melavite (m)
- \_\_\_ melacal (m)
- \_\_\_ cell wise (m)

**LAUNDRY PRODUCTS**

- \_\_\_ bleach
- \_\_\_ detergent laundry
- \_\_\_ drier sheets
- \_\_\_ oxiclean
- \_\_\_ pre spot (m)
- \_\_\_ spray starch

**(bc) Boise Coop****(cc) costco****(f) farmer bros****(h) Harvest House****(m) melaleuca****(w) Winco****(wm) Walmart**© **cannery**