

# Best Buys at the Grocery Store

Courtesy of <http://heart4home.net>

## Baking Supplies

- \_\_\_ baking powder
- \_\_\_ baking soda
- \_\_\_ brown sugar
- \_\_\_ chocolate chips
- \_\_\_ coconut
- \_\_\_ honey
- \_\_\_ corn syrup
- \_\_\_ cornstarch
- \_\_\_ marshmallows
- \_\_\_ whole wheat flour
- \_\_\_ molasses
- \_\_\_ powdered sugar
- \_\_\_ sugar
- \_\_\_ unflavored gelatin
- \_\_\_ unsweetened cocoa
- \_\_\_ yeast

## Beverages

- \_\_\_ tea
- \_\_\_ coffee
- \_\_\_ unsweetened drink mix

## Condiments

- \_\_\_ bouillon cubes
- \_\_\_ hot sauce
- \_\_\_ jam or jelly
- \_\_\_ ketchup
- \_\_\_ mayonnaise
- \_\_\_ mustard
- \_\_\_ peanut butter
- \_\_\_ pickles/relish
- \_\_\_ salsa
- \_\_\_ soy sauce
- \_\_\_ vinegar
- \_\_\_ Worcestershire sauce

## Dairy

- \_\_\_ evap. milk (can)
- \_\_\_ instant nonfat powdered milk
- \_\_\_ medium eggs
- \_\_\_ cheddar cheese

- \_\_\_ mozzarella cheese
- \_\_\_ parmesan cheese
- \_\_\_ plain yogurt

## Dried Beans

- \_\_\_ black beans
- \_\_\_ chick peas
- \_\_\_ kidney beans
- \_\_\_ lentils
- \_\_\_ lima beans
- \_\_\_ pinto beans
- \_\_\_ sm. white beans
- \_\_\_ split peas

## Fats \*

- \_\_\_ butter
- \_\_\_ olive oil

## Fruits

### Canned

- \_\_\_ applesauce
- \_\_\_ apple juice
- \_\_\_ lemon juice
- \_\_\_ mixed fruit
- \_\_\_ peaches
- \_\_\_ pears
- \_\_\_ pineapple

### Dried

- \_\_\_ prunes
- \_\_\_ raisins

### Fresh

- \_\_\_ apples
- \_\_\_ bananas
- \_\_\_ fresh fruit in season
- \_\_\_ oranges

### Frozen

- \_\_\_ apple juice
- \_\_\_ grape juice
- \_\_\_ orange juice

## Grains/Starches

- \_\_\_ all-purpose flour
- \_\_\_ cornflakes
- \_\_\_ cornmeal
- \_\_\_ grits
- \_\_\_ instant mashed potatoes

- \_\_\_ macaroni and cheese
- \_\_\_ oats
- \_\_\_ pasta
- \_\_\_ rice

## Herbs and Spices

- \_\_\_ basil
- \_\_\_ black pepper
- \_\_\_ cayenne pepper
- \_\_\_ celery seed/salt
- \_\_\_ chili powder
- \_\_\_ cinnamon
- \_\_\_ cloves
- \_\_\_ coriander
- \_\_\_ cumin
- \_\_\_ curry powder
- \_\_\_ dill weed
- \_\_\_ garlic powder
- \_\_\_ ginger
- \_\_\_ nutmeg
- \_\_\_ onion powder
- \_\_\_ oregano
- \_\_\_ poultry seasoning
- \_\_\_ salt
- \_\_\_ turmeric

## Meats

- \_\_\_ whole chickens
- \_\_\_ chicken leg-quarters
- \_\_\_ gr beef or turkey
- \_\_\_ frozen fish: Pollock, trout, flounder and whiting
- \_\_\_ bacon ends/pcs
- \_\_\_ turkey bacon
- \_\_\_ turkey ham
- \_\_\_ chicken/turkey bologna/hot dogs
- \_\_\_ pork or turkey sausage
- \_\_\_ 14-oz can salmon
- \_\_\_ 6-oz can tuna

## Snacks

- \_\_\_ graham crackers
- \_\_\_ instant pudding mix
- \_\_\_ popcorn kernels
- \_\_\_ saltines

## Vegetables

### Canned

- \_\_\_ corn
- \_\_\_ green beans
- \_\_\_ greens
- \_\_\_ peas
- \_\_\_ pumpkin
- \_\_\_ sauerkraut
- \_\_\_ spaghetti sauce
- \_\_\_ sweet potatoes
- \_\_\_ tomato paste
- \_\_\_ tomato sauce
- \_\_\_ tomatoes

### Fresh

- \_\_\_ cabbage
- \_\_\_ carrots
- \_\_\_ celery
- \_\_\_ vegetables in season
- \_\_\_ garlic
- \_\_\_ lettuce
- \_\_\_ onions
- \_\_\_ potatoes
- \_\_\_ turnips

### Frozen

- \_\_\_ broccoli
- \_\_\_ corn
- \_\_\_ green beans
- \_\_\_ vegetable mix
- \_\_\_ peas
- \_\_\_ peas and carrots
- \_\_\_ spinach

\*I use butter and olive oil. More costly than margarine and shortening, but I believe they are better for my health. Use either in moderation.