



2010 Grocery List

We recommend the following stores. Please indicate if you prefer shopping from these quality vendors.

- Lewes Fishhouse (seafood)
- Nourish (cheese, gourmet)
- Hickman's Natural Meat Market (meat, poultry, game)
- SuperFresh (grocery)

Vegetables

Item	Amount	Notes (brands, details, etc.)
Bagged salad		
Bell peppers, green		
Bell peppers, other		
Carrots		
Celery		
Corn		
Cucumbers		
Dip, other		
Dip, ranch		
Fresh herb, basil		
Fresh herb, cilantro		
Fresh herb, other		
Hummus		
Lettuce, iceberg		
Lettuce, other		
Lettuce, romaine		
Onion		
Potatoes		
Prepared vegetable tray		
Tofu		

Fruit

Item	Amount	Notes (brands, details, etc.)
Apples		
Avocado		
Bananas		
Blueberries		
Grapes		
Kiwi		
Lemons		
Limes		
Melon, cantaloupe		
Melon, honeydew		
Melon, watermelon		
Oranges		
Peaches		
Pears		
Plums		
Prepared fruit tray/bowl		
Strawberries		
Tomatoes		

Deli Items

Item	Amount	Notes (brands, details, etc.)
Cheese, sliced		
Feta		
Ham		
Mozzarella		
Prepared pasta salad		
Prepared potato salad		
Prepared salad, other		
Specialty cheese, other		
Turkey		

Bakery

Item	Amount	Notes (brands, details, etc.)
Bagels		
Baguette		
English muffin		
Sandwich bread, wheat		
Sandwich bread, white		

Toiletries

Item	Amount	Notes (brands, details, etc.)
Bath soap		
Conditioner		
Deodorant		
Hand soap, pump		
Shampoo		
Sunscreen		
Toothpaste		

Meat

Item	Amount	Notes (brands, details, etc.)
Beef		
Bacon		
Chicken nuggets, refrigerated		
Pork		
Poultry		
Sausage, links		
Sausage, patties		
Sausage, ready to serve links		

Baby/Child Items

Item	Amount	Notes (brands, details, etc.)
Diapers		
Baby food		
Baby/toddler snacks		
Formula		
Juice boxes		
Wipes		

Condiments

Item	Amount	Notes (brands, details, etc.)
Ketchup		
Mayonnaise		
Mustard, brown		
Mustard, other		
Mustard, yellow		
Olives		
Pickles		
Vinegar		

Staples

Item	Amount	Notes (brands, details, etc.)
Flour		
Fruit spread		
Jam/jelly		
Juice, apple		
Juice, tomato		
Macaroni and Cheese		
Marinara sauce		
Marmalade		
Oil		
Pasta		
Peanut butter		
Pepper		
Rice		
Rice milk		
Salt		
Soy milk		
Sugar Substitute		
Sugar, brown		
Sugar, other		
Sugar, white		

Breakfast Items

Item	Amount	Notes (brands, details, etc.)
Cereal, adult		
Cereal, youth		
Coffee creamer, powdered		
Coffee filters		
Coffee, decaf		
Coffee, instant		
Coffee, regular		
Oatmeal		
Pancake Mix		
Syrup		
Tea		

Dairy/Refrigerated

Item	Amount	Notes (brands, details, etc.)
Milk		
American cheese slices		
Butter		
Cream cheese		
Drinkable yogurt		
Egg beaters		
Eggs		
Half & Half		
Non-dairy creamer		
Orange juice		
Sour cream		
Yogurt		

Snacks

Item	Amount	Notes (brands, details, etc.)
Cocktail nuts		
Doritos		
Goldfish crackers		
Popcorn		
Potato chips		
Pretzels		
Salsa (mild, med, hot?)		
Tortilla chips		
Water crackers		
Wheat crackers		

Beverages

Item	Amount	Notes (brands, details, etc.)
Beer		
Club soda		
Diet Soda		
Liquor		
Margarita salt		
Mixer		
Soda		
Tonic water		
Water		
Wine, red		
Wine, white		

