

# CYOA SELF - PROVISIONING SHOPPING LIST

(Use this as a guide or reminder)

## FRUITS

apples  
pears  
grapes  
melons  
grapefruit  
orange  
banana  
mango  
lemon  
lime  
pineapple  
other

## VEGGIES

lettuce  
tomato  
cucumber  
pepper  
carrot  
celery  
cabbage  
squash  
potato  
garlic  
onion  
other

## DAIRY

butter  
margarine  
cheeses  
eggs  
sour cream  
yogurt  
parmesan  
cream cheese  
cottage cheese  
other

## COOLER

cold cuts  
bacon  
other

## FROZEN

chicken breast  
chicken legs  
pork chops  
burger patties  
ground beef  
steak  
italian sausage  
fish  
shrimp  
other

## BREADS ETC

bread  
rolls  
cakes  
cookies  
crackers  
chips  
cereal  
tortilla shells  
other

## DRY GOODS

black beans  
refried beans  
peas  
beans  
beets  
corn  
tomatos  
tomato paste  
spagetti sauce  
tuna  
pineapple  
pudding  
applesauce  
raisins  
  
coffee  
decaf  
tea  
herbal tea  
box milk  
peanut butter  
jam  
sugar  
salt & pepper  
spices  
olive oil  
vinegar  
salad dressing  
mayo  
ketchup  
mustard  
hot sauce  
salsa  
worcheshire  
pickles  
olives  
bbq sauce  
other

## NON FOOD ITEMS

dish detergent  
charcoal / lighter  
baggies  
aluminum  
garbage bags  
insect repellent  
napkins  
plates  
tissue  
toilet paper  
paper towel  
matches  
soap  
disinfectant  
bleach  
handiwipes  
scrubber  
sponge  
paper cups  
other

## DRINKS

water  
soda  
juice  
dry drink mix  
beer  
wine  
liquor  
other