

Grocery Items on Hand:

Liquids:

- ☐ Veg. Oil © _____
- ☐ Olive Oil © _____
- ☐ Soy Sauce © _____
- ☐ CKN broth © _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Spices

- ☐ Salt/Pepper _____
- ☐ Oregano (t) _____
- ☐ Parsley (T) _____
- ☐ Basil (t) _____
- ☐ Rosemary (t) _____
- ☐ Gr. Cumin (t) _____
- ☐ Chili PWD (T) _____
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Dry Staples:

- ☐ Flour © _____
- ☐ Sugar © _____
- ☐ Br. Sugar © _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Refrigerated Staples:

- ☐ Milk © _____
- ☐ Eggs _____
- ☐ Butter (T) _____
- ☐ _____
- ☐ _____
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- ☐ _____
- ☐ _____

Other:

- ☐ _____
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Grocery List:

Meats

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Breads/Grains

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Fresh Veggies/fruit

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Dairy

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Other

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