

Detailed Grocery Checklist for Budget-Friendly Shopping

Produce

- Bananas**
Best value per pound, ripen at home
- Carrots**
Buy whole for savings, store in fridge
- Onions**
Versatile staple, buy in bulk bag
- Spinach**
Check for sales on fresh or frozen
- Apples**
Opt for in-season varieties

Grains & Staples

- Rice**
Bulk bags cheaper per serving
- Pasta**
Look for store brands
- Oats**
Old-fashioned oats for savings
- Bread**
Check price-per-loaf and freeze extras

Proteins

- Eggs**
Good protein, look for larger value packs
- Canned beans**
Stock up during sales
- Chicken thighs**
Often cheaper than breasts
- Peanut butter**
Store brand usually best price
- Tofu**
Affordable meat alternative, long shelf life

Dairy & Alternatives

- Milk**
Compare unit prices for best deal
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- Yogurt**
Larger containers more affordable
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- Cheese block**
Cheaper than pre-shredded

Frozen Foods

- Frozen vegetables**
Often cheaper, no waste, buy mixed bags
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- Frozen berries**
Affordable for smoothies & baking

Pantry Basics

- Cooking oil**
Vegetable or canola: good value
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- Canned tomatoes**
Multi-use for soups, sauces
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- Salt & pepper**
Buy larger containers, lasts months
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- Spices**
Prioritize essentials (garlic, chili, basil)

Other Essentials

- Toilet paper**
Check unit prices and buy in bulk if possible
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- Paper towels**
Optional—consider reusable cloths
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- Dish soap**
Generic brands often similar quality