

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
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Frozen Foods

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