

# Supermarket Essentials Checklist

## Produce

- ☐ Bananas
- ☐ Apples
- ☐ Lettuce
- ☐ Tomatoes
- ☐ Onions

## Dairy

- ☐ Milk
- ☐ Eggs
- ☐ Cheese
- ☐ Yogurt

## Bakery

- ☐ Bread
- ☐ Bagels

## Meat & Protein

- ☐ Chicken
- ☐ Ground Beef
- ☐ Tofu

## Pantry

- ☐ Rice
- ☐ Pasta
- ☐ Canned Beans
- ☐ Cereal

## Beverages

- ☐ Coffee
- ☐ Tea
- ☐ Juice

## Household

- ☐ Paper Towels
- ☐ Toilet Paper
- ☐ Dish Soap