

A Grocery Checklist for Parents

Food

Crackers
Popcorn
Pretzels
Bars
Oatmeal
Apples
Oranges
Bread
Peanut Butter
Honey
Microwave Mac n Cheese
Cereal (Individual sized cups so they can just add milk)

Fridge Items

Turkey
Cheese
Carrots (the ready pacs with dip)
Milk
Mayo
Mustard
Catsup

Drinks

Coffee
Hot Cocoa
Water (A Brita Space Saver Pitcher is great)

Toiletries, Meds & Paper Supplies

Ibuprofen
Cough Drops
Emergen-c
Paper Products
Tissue
Toilet Paper
Paper Towels
Paper Plates
Plastic Silverware