Revitalizing the Working Mom™

THE FAST FAX FAMILY GROCERY LIST

STAPLES
- Cereal
- Grits
- Bread
- Sugar
- Buns

SPICES
- Bacon Bits
- Chocolate
- Salt/Pepper
- Seasoning

STARCH
- Potato Mix
- Rice
- Spaghetti
- Sauce

DRINKS
- Apple
- Diet Rite
- Juice Drink
- Water Filters
- Coffee
- Decaf
- Tea
- Orange Juice

CANNED
- Olives
- Soups
- Red Beans
- Black Beans
- Pink Beans
- Tuna

BABY
- Diapers
- Wipes
- Baby Food
- Formula

CONDIMENTS
- Ketchup
- Jelly
- Peanut Butter
- Mayonnaise
- Olive Oil
- Salad Dressing

PAPER
- Plates
- Cups
- Napkins
- Paper Towels
- Aluminum Foil
- Toilet Paper
- Garbage Bags
- Zip Locks

CLEANING
- Bleach
- Detergent
- Dish Liquid
- Dishwasher Tabs
- Fabric Softener
- Light Bulbs
- Vaccuum Bags
- Cleaning Wipes
- Towels
- Windex
- Bathroom Foam

MEATS
- Beef
- Chicken
- Bacon
- Sausage
- Turkey
- Fish

PRODUCE
- Apples
- Oranges
- Bananas
- Strawberries
- Mangos
- Lettuce
- Celery
- Cucumbers
- Tomatoes

PERSONAL
- Soap
- Shampoo
- Conditioner
- Detangler
- Barettes
- Lip Balm
- Lotion
- Pads/Tampons

FROZEN
- Broccoli
- Greenbeans
- Peas
- Corn
- Mixed Veggies
- Ice Cream
- Fish Sticks
- Nuggets
- Pizza

DAIRY
- Milk
- Butter
- Cheeses
- Eggs
- Yogurt
- Creamer

MISC
_____
_____

DON'T FORGET
_____

Comments:

COURTESY OF WORKINGMOM.COM

Print Form

Free Printable Grocery Coupons! Save up to $70 on Brand Name Products!
Go to http://www.workingmom.com/coupons.htm