

	FRUITS & VEGGIES
	EGGS, DAIRY, BEVERAGES & FROZEN ITEMS
	MEATS
	BREADS & CEREAL
	Cereal
	Oatmeal
	Whole Wheat Berries
	Granola
	Pancake Mix
	PASTA & RICE
	Pasta noodles
	Spaghetti Noodles
	Brown Rice
	Wild Rice
	Quinoa
	Baking
	Peanut butter
	Olive oil
	salt
	baking soda
	baking powder
	vanilla
	honey
	coconut oil
	Snacks
	Almonds
	Sunflower seeds
	Dried Fruit
	Trail mix
	popcorn
	Dates
	Pretzels
	Beans
	Black beans
	Pinto Beans
	Chickpeas