

Grocery Staples

Pantry, Fridge & Freezer



✓ Vegetables & Fruits

- Fresh fruit (apples, oranges & bananas)
- Canned or frozen fruit
- Fruit cups (diced or puree)
- Fresh vegetables (carrots, peppers, cucumbers, onions, turnips, cabbage & potatoes)
- Canned or frozen vegetables (broccoli, carrots, peas & yellow/green beans)
- Canned or dry beans (black beans, kidney beans & chickpeas)
- Tomato sauce & tomato paste

✓ Proteins

- Canned tuna
- Canned flaked meat (chicken, ham or turkey)
- Canned baked beans
- Canned stew or soup
- Cheese
- Eggs

✓ Spices

- Salt and pepper
- Oregano
- Paprika
- Chili powder
- Cumin
- Onion or garlic powder

✓ Grains

- Bread
- Pitas & wraps (large, small, mini)
- Crackers (so many to choose from!)
- Dry cereal & cereal bars
- Pasta
- Oats
- All purpose or whole wheat flour

✓ Condiments & Spreads

- Mayonnaise
- Mustard
- Jam
- Hummus
- Vinegar
- Olive oil
- Peanut butter (if no allergies!)

Shop Smart

Many of the items listed are available for bulk purchase at your local Bulk Barn.

To be environmentally friendly, bring your own containers and reusable bags!

