

WHOLESALE GROCERY CHECKLIST

Making a grocery list before heading to your wholesale food store saves you time and money. Shopping lists reduce impulse buys and can help keep your budget on track. Streamline your time at the grocery store with this handy checklist when shopping for your family.

ORGANIZE YOUR GROCERY LIST BY AISLES

Having a well-planned grocery list saves you time shopping and can keep your household budgets in check. Organize your shopping list by aisles. Here's a list of main departments and staples you should have on your list:

1. Bread and Bakery

Remember, many bakery items can be frozen for later use.

- Breakfast items like English muffins, bagels, and pastries
- Sliced sandwich bread, dinner rolls, tortillas

2. Fresh Meat, Poultry, and Seafood

Stock up on these healthy and cost-effective protein options.

- Ground beef
- Boneless, skinless chicken or turkey breasts
- Salmon, cod, and tuna
- Sliced deli meats

3. Dairy, Eggs, and Cheese

These versatile ingredients are always great to have on hand.

- Whole milk, half-and-half & milk alternatives
- Low-fat yogurt
- Reduced fat cottage cheese
- A variety of pre-shredded and block cheeses
- String cheese snacks for lunches
- Eggs or egg substitutes
- Butter, cream cheese, and spreads

4. Produce

When shopping for fresh fruits and vegetables also purchase longer-lasting items, such as potatoes and onions.

- Fruit like bananas, citrus, apples, and berries are great for snacks and lunches.
- Fresh vegetables like leafy greens, potatoes, carrots, onions, and celery are the base of many easy dinner dishes.

5. Frozen Items

Frozen foods have just as many, if not more, nutrients as fresh.

- Frozen fruit, such as strawberries, blueberries, peaches, and raspberries
- Frozen vegetables, like corn, broccoli, spinach, peas, and green beans
- Frozen breakfast meats
- Whole grain waffles
- Frozen pizza crusts

6. Pasta and Rice

Pasta and rice are go-to choices for quick and healthy meals.

- Get a variety of options, such as ravioli, spaghetti, and penne
- Wild, brown, and/or white rice

7. Oils, Sauces, and Condiments

These are great to stock up on due to their long shelf life.

- Your family's favorite salad dressing
- Mustard, ketchup, and BBQ sauce
- Extra virgin olive oil and canola oil
- Herbs, spices, and seasonings
- Red-wine and balsamic vinegars

8. Canned Goods

These shelf-stable items can be incorporated into quick meals.

- Diced or whole tomatoes
- Kidney, black, pinto, and/or garbanzo beans
- Canned tuna and salmon
- Low-sodium broths, stews, and soups

