



# Shopping List For McGowan Grocery

## **AISLE 1**

- Mayonnaise
- Catsup
- Mustard
- Tartar Sauce
- Steak Sauce
- Vinegar
- Olives
- Salad Dressing
- Pickles

## **AISLE 4**

- Oatmeal
- Cold cereal
- Hot cereal
- Pop tarts
- Granola
- Toothpaste
- Shampoo
- Vitamins
- Cold medicines
- Lotion

## **AISLE 7**

- Paper towels
- Toilet paper
- Tissue paper
- Ziplocs
- Paper plates/bowls
- Plastic/styro cups
- Plastic utensils
- Formula/Baby foods
- Diapers/wipes
- Feminine products

## **AISLE 2**

- Canned vegetables
- Canned fruits
- Canned tomato sauce
- Soy sauce
- Taco sauce & seasoning
- Instant potatoes
- Gravy/gravy mixes
- Rice/Dry Beans

## **AISLE 5**

- Spices
- Cake mixes
- Frosting
- Sugar
- Brown sugar
- Chocolate chips
- Flour
- Oil & pan sprays
- Syrup
- Shake & Bake

## **AISLE 8 & 9**

- Apple juice
- Cranberry juice
- Juice boxes
- Capri Sun
- Kool-Aid
- Gatorade/Powerade
- Power bars
- Beer/Wine
- Ensure

## **AISLE 3**

- Tuna fish
- Canned meats
- Boxed noodles
- Macaroni & cheese
- Pasta
- Soup
- Baked Beans
- Spaghetti Sauce
- Spaghetti O's

## **AISLE 6**

- Laundry detergent
- Softener
- Dish soap
- Hand soap
- Bar soap
- Cat food
- Dog food
- Pet food treats
- Household supplies
- Charcoal

## **Thank You**

We strive to improve your shopping experience with us. Please continue to share your thoughts and ideas on this as we build a clean, safe, and personal environment that reflects our great community of Plains.



# Shopping List For McGowan Grocery

## MEAT

- Burger
- Sausage
- Chicken
- Steaks
- Ham
- Roast
- Pork Chops
- Bacon
- Lunch meat
- Hot dogs
- Specialty cheeses
- Tortillas
- Hummus
- Tapenade
- Seafood

## PRODUCE & ORGANICS

- Apples
- Bananas
- Oranges
- Strawberries
- Peppers
- Mushrooms
- Cucumbers
- Squash/Zucchini
- Onion
- Tomatoes
- Potatoes
- Sweet Potatoes/Yams
- Carrots
- Lettuce
- Broccoli

## FROZEN

- Frozen vegetables
- Frozen fruit
- WafflesFrozen seafood
- Frozen dinners
- Bread/rolls
- Desserts
- Whipped toppings
- Pizza
- Hot Pockets
- Breakfast Pockets
- Pita
- Lean Cuisine
- TV dinners
- Appetizers

## ICE CREAM FREEZER

- Ice cream
- Frozen yogurt
- Frozen novelties
- Popsicles
- Frozen orange juice
- Frozen apple juice
- Ice

## BEVERAGES & SNACKS

- Bottled water
- Individual juices
- Energy drinks
- Soda
- Popcorn
- Crackers
- Saltines
- Granola bars
- Cookies
- Doughnuts
- Fruit snacks
- Chips
- Pretzels

## DAIRY

- Milk
- Yogurt
- Eggs
- Creamer
- Sour cream
- Cream cheese
- Cottage cheese
- Butter/margarine
- Cheese (block)
- Cheese (shredded)
- Cheese (string)

## BREADS & TOPPINGS

- White/Wheat bread
- English muffins
- Bagels
- Burger/Hot Dog buns
- French bread
- Garlic bread
- Peanut butter
- Jelly/jam
- Stuffing