**College Grocery Shopping List**

# PROTEIN

chicken breasts sliced turkey canned tuna lean ground beef eggs

peanut butter canned beans nuts

# VEGETABLES

tomato or V8 juice tomato sauce salsa

frozen mixed vegetables carrots

broccoli garlic, onions

# FRUIT

apples bananas

oranges or orange juice pineapple

pears peaches raisins

**OTHER:**

# CARBOHYDRATE

bread

bagels, English muffins cereal

rice, noodles potatoes corn, peas pasta crackers pretzels pop corn snack bars

# DAIRY

milk yogurt cheese

cottage cheese

# TOPPINGS & FLAVORINGS

oil

trans fat free margarine jam, jelly, honey

salad dressing pepper cinnamon vanilla extract

Make copies and take with you to the store

**Kitchen Essentials**

|  |  |
| --- | --- |
| **For the Dorm Room/Small Kitchen** | **For the full size kitchen** |
| **2 microwave safe bowls (lg and sm)****9 x 9 inch baking dish****2 sharp knives, 1 paring knife and 1 larger, sharp knife****Liquid and dry measuring cups Measuring spoons****1 small cutting board 1 wooden spoon****1 rubber spatula Can opener Bottle opener****Small hand grater Aluminum foil Plastic wrap Zip lock bags****Sponge Colander****Paper towels, paper plates, napkins, plastic utensils****Potholder** | ***Added to the Small Kitchen items:*****10” non-stick frying pan 2 or 3 quart saucepan****Vegetable steamer Toaster****Dishes, glasses, silverware****Glad-Ware for storing leftovers** |
| **Nice to have, but not essential** |
| **Tea kettle****Coffee maker****Muffin tins, cake pans, loaf pans Blender or food processor George Foreman’s Grill** |

