

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
<p>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</p>	<p><i>Added to the Small Kitchen items:</i></p> <p>10" non-stick frying pan 2 or 3 quart saucepan Vegetable steamer Toaster Dishes, glasses, silverware Glad-Ware for storing leftovers</p>
	Nice to have, but not essential
	<p>Tea kettle Coffee maker Muffin tins, cake pans, loaf pans Blender or food processor George Foreman's Grill</p>

