

Everyday Bargains

<p>DAIRY ___ Big Box Instant Nonfat Powdered Milk ___ Canned Evaporated Whole Milk ___ Mozzarella Cheese ___ Cheddar Cheese ___ Parmesan Cheese ___ Sliced Sandwich Cheese ___ Small Cup Plain Yogurt ___ Medium Eggs</p>	<p><i>Vegetables Continued</i> Frozen ___ Broccoli ___ Corn ___ Green Beans ___ Mixed Veggies ___ Peas ___ Peas & Carrots ___ Spinach Canned ___ Corn ___ Green Beans ___ Greens: Spinach, Turnip, Collard, Mustard, Kale ___ Peas ___ Pumpkin ___ Sauerkraut ___ Spaghetti Sauce ___ Sweet Potatoes ___ Tomatoes ___ Tomato Paste ___ Tomato Sauce</p>	<p>DRIED BEANS ___ Lentils ___ Split Peas ___ Pinto Beans ___ Kidney Beans ___ Black Beans ___ Small White Beans like Navy or Great Northern ___ Lima Beans ___ Chick Peas</p>	<p>CONDIMENTS ___ Bouillon Cubes ___ Hot Sauce ___ Jam or Jelly ___ Ketchup ___ Mayonnaise ___ Yellow Mustard ___ Peanut Butter ___ Pickles/Relish ___ Salsa ___ Soy Sauce ___ Vinegar ___ Worcestershire Sauce</p>
<p>FATS ___ Margarine ___ Soybean Oil ___ Shortening</p>	<p>MEATS ___ Ground Beef or Turkey ___ Pork or Turkey Sausage ___ Bacon Ends & Pieces or Turkey Bacon ___ Chicken Leg-Quarters ___ Whole Chickens ___ Fully Cooked Canned Ham or Turkey Ham ___ Chicken or Turkey Hot Dogs ___ Chicken or Turkey Baloney ___ Frozen Fish: Pollock, Trout, Flounder & Whiting ___ 6-oz can Tuna ___ 14-oz can Salmon</p>	<p>GRAINS & STARCHES ___ All-Purpose Flour ___ Cornmeal ___ Grits ___ Farina ___ Rolled Oats ___ Plain Cornflakes ___ Long Grain White Rice ___ Instant Mashed Potatoes ___ Mac & Cheese ___ Ramen Noodles ___ Spaghetti ___ Macaroni</p>	<p>SWEETS & TREATS ___ Popcorn Kernels ___ Saltines ___ Instant Pudding Mix ___ Graham Crackers</p>
<p>VEGETABLES Fresh ___ Cabbage ___ Carrots ___ Celery ___ Garlic ___ Iceberg Lettuce ___ Onions ___ Potatoes ___ Turnips ___ Fresh Veggies in Season</p>	<p>FRUITS & JUICES Fresh ___ Apples ___ Bananas ___ Oranges ___ Fresh Fruit in Season Frozen ___ Orange Juice Concentrate ___ Apple Juice Concentrate ___ Grape Juice Concentrate Canned ___ Bottled Apple Juice ___ Large Jar Applesauce ___ Bottled Lemon Juice ___ Mixed Fruit ___ Peaches ___ Pears ___ Pineapple</p>	<p>BAKING SUPPLIES ___ Sugar ___ Brown Sugar ___ Powdered Sugar ___ Corn Syrup ___ Molasses ___ Yeast ___ Baking Powder ___ Baking Soda ___ Unsweetened Cocoa ___ Unflavored Gelatin ___ Cornstarch ___ Imitation Vanilla Flavoring</p>	<p>HERBS & SPICES ___ Salt ___ Black Pepper ___ Garlic Powder ___ Cayenne Pepper ___ Dry Onions ___ Onion Powder ___ Chili Powder ___ Basil ___ Oregano ___ Cinnamon ___ Dry Parsley ___ Poultry Seasoning ___ Curry Powder ___ Ground Ginger ___ Ground Cumin ___ Cloves ___ Nutmeg ___ Turmeric ___ Celery Seed or Celery Salt</p>
<p>BEVERAGES ___ Instant Coffee ___ Ground Coffee ___ 100-count Tea Bags ___ Unsweetened Fruit Flavored Drink Mix ___ Non-Dairy Powdered Creamer</p>	<p>Dried ___ Prunes ___ Raisins</p>	<p>EXTRAS ___ Whole Wheat Flour ___ Honey ___ Chocolate Chips ___ Marshmallows ___ Coconut</p>	<p>EXTRAS ___ Whole Wheat Flour ___ Honey ___ Chocolate Chips ___ Marshmallows ___ Coconut</p>