

# Shopping List Starter- Senior Approved!

Have an answer ready when someone asks, "Do you need anything?"

## Pantry:

Almonds  
Banana Peppers  
Beans- Can or Dry (Black, Baked, Kidney, Lima)  
Black Eyed Peas  
Boullion- Chicken, Beef  
Broth- Chicken, Beef  
Brownie Mix- "Add Water"  
Carrots- Canned  
Chicken- Canned Chunks  
Chips (Plain, BBQ)  
Chips Ahoy Cookies  
Cooking Spray (Pam)  
Corn- Canned  
Corned Beef Hash  
Deviled Ham  
Fig Newtons  
Grits- Instant  
Hormel Compleats (Ready to eat meal, rice aisle)  
Italian Dressing-pasta salad  
Jello Cup  
Jelly (Jam, Mamalade, Preserves, Polaner All Fruit, 50/50)  
Little Debbie (Honey Buns, Nutty Buddy, Oatmeal Cream Pies, Swiss Rolls)  
Macaroni & Cheese  
Mashed Potatoes- Instant  
Molasses  
Muffin Mix- "Add Water"  
Oatmeal- Instant  
Olives- Black or Green  
Oyster Crackers  
Pancake Mix – "Add Water"  
Pasta Sauce (Diabetics: Prego No Sugar Added or Ragu Traditional)  
Pastas- Try new shapes!  
Peanuts (or other nuts)  
Peanut Butter  
Peas  
Pickles- (Dill, Bread & Butter.... Chip, Mini, Spear or Whole)  
Popcorn  
Potatoes- Bag or Can

Pretzels (Rod, Twist, Stick)  
Pringles  
Pudding cup (Butterscotch, Chocolate, Vanilla)  
Rice  
Saltines  
Soup (Beef Stew, Broccoli Cheddar, Chicken, French Onion... Ready or Stovetop)  
Spam – Fry in pan or bake  
Sugar (Honey, Molasses)  
Salt/Pepper/Seasonings  
Tortillas  
Triscuts  
Tuna  
Velveeta  
Wheat Crackers

## Refrigerator:

Baby Carrots  
Bacon (Freezes well)  
Butter- Stick, Tub  
Cheese- Block, Shreds, Slice  
Cinnamon Rolls- Tube  
Crescent Rolls- Tube  
Eggs (Can boil ahead)  
Hot dogs (Freezes well)  
Oranges  
Little Smokies (Freezes well)  
Milk (Freezes well)  
Sour Cream  
Yogurt Cup

## Freezer:

Biscuits  
Chicken Pot Pie  
Chicken-Precooked  
Diced Potatoes  
Hashbrowns  
Ice Cream  
Meatballs  
Pizza (Cheese, Peperoni, Supreme.... Bagel Bites, French Bread, Round)  
Popsicles  
Sausage- Links or Patties  
Tater Tots  
TV Dinners (Banquet, Healthy Choice, Lean

Cuisine, Marie Callenders, Michelinas, Stouffers)  
Yeast Rolls (Sister Shuberts)

## Beverage:

Coffee  
Coffee Creamer  
Equal/Splenda/Sweetn'Low  
Ensure  
Gatorade  
Gingerale  
Sprite  
Tea (honey, lemons)  
Water\*

\*Medical needs may require specific waters, such as distilled water for health machines, nasal passage flush, etc. Separate from drinking water supply.

## Treats:

Chocolate  
Gum  
Mints or Werther's Original

## Basics:

Air filters (check vent size)  
Air Freshener  
Batteries  
Bleach  
Deodorant  
Disposable Razors  
Floss  
Kleenex  
Lotion  
Mouthwash  
Paper Towels  
Q-Tips  
Spray Cleaners  
Toilet Paper  
Toothbrush/Toothpaste  
Trash Bags

## Health:

Benadryl  
Biotine- Dry Mouth Spray  
Chloraseptic (Sore Throat)

Claratin  
Compression Socks  
Contact Solution  
Cough Drops  
Depends- Size & Level  
Desatin  
Dulcolax  
Efferdent  
Eyedrops (Allergy, Dry, Tear)  
Fixodent  
Gold Bond  
Hearing Aid Batteries  
Hydrocortisone  
Icy Hot  
Metamucil  
Nexium  
Nitrile Gloves  
Pepcid  
Pepto Bismol  
Poise- Size & Level  
Preparation H  
Roloids  
Saline Nasal Spray  
Tinactin- Spray or Lotion  
Tums  
Vaseline  
Vitamins & Supplements

## Pets:

Food/Treats/Bones  
Medicine (Flea, Heartworm)  
Newspaper

## Fun:

Books/Magazines/Tabloids  
Cards  
Crosswords/Sudoku  
Draw/Paint/Woodwork  
Easy Exercise-Hallway laps  
Organize photos (Write about each person/event)  
"Tin-Can Telephone"  
Write Letters- (Put what makes your friends & family so special down in words)  
Writing Prompts- (List 10 memories about early life, spouse, work, each child or grandchild, world events)