

Everyday Bargains

FrugalAbundance.com

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

FATS

- ___ Margarine
- ___ Soybean Oil
- ___ Shortening

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

VEGETABLES

Fresh

- ___ Cabbage
- ___ Carrots
- ___ Celery
- ___ Garlic
- ___ Iceberg Lettuce
- ___ Onions
- ___ Potatoes
- ___ Turnips
- ___ Fresh Veggies in Season

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

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

Dried

- ___ Prunes
- ___ Raisins

DRIED BEANS

- ___ Lentils
- ___ Split Peas
- ___ Pinto Beans
- ___ Kidney Beans
- ___ Black Beans
- ___ Small White Beans like Navy or Great Northern
- ___ Lima Beans
- ___ Chick Peas

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

BAKING SUPPLIES

- ___ Sugar
- ___ Brown Sugar
- ___ Powdered Sugar
- ___ Corn Syrup
- ___ Molasses
- ___ Yeast
- ___ Baking Powder
- ___ Baking Soda
- ___ Unsweetened Cocoa
- ___ Unflavored Gelatin
- ___ Cornstarch
- ___ Imitation Vanilla Flavoring

BEVERAGES

- ___ Instant Coffee
- ___ Ground Coffee
- ___ 100-count Tea Bags
- ___ Unsweetened Fruit Flavored Drink Mix
- ___ Non-Dairy Powdered Creamer

CONDIMENTS

- ___ Bouillon Cubes
- ___ Barbecue Sauce
- ___ Hot Sauce
- ___ Jam or Jelly
- ___ Ketchup
- ___ Mayonnaise
- ___ Yellow Mustard
- ___ Peanut Butter
- ___ Pickles/Relish
- ___ Salsa
- ___ Soy Sauce
- ___ Vinegar
- ___ Worcestershire Sauce

SWEETS & TREATS

- ___ Popcorn Kernels
- ___ Saltines
- ___ Instant Pudding Mix
- ___ Graham Crackers

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
- ___ Dill Weed
- ___ Coriander

EXTRAS

- ___ Whole Wheat Flour
- ___ Honey
- ___ Chocolate Chips
- ___ Marshmallows
- ___ Coconut

This is available due to reader requests. It isn't gluten-free or dairy-free. This is the list I used to use, before we went GF.