

Well-being at Home

COVID-19 Grocery List

LONG-LASTING PERISHABLES

Fruit

- Apples
- Pears
- Bananas (cut & freeze)
- Citrus Fruits

Dairy

- Eggs
- Butter
- Cheese
- Milk

Vegetables

- Onions
- Potatoes
- Carrots
- Parsnips
- Turnips
- Radishes
- Beets
- Rutabaga
- Cabbage
- Kale

Other

- Garlic
- Ginger

Grains

- Sliced bread
- Bagels
- Wraps (most bread items can be frozen)



FROZEN

Fruit

- Berries
- Peaches
- Pineapple
- Mango
- Pomegranate

Vegetables

- Broccoli
- Carrots
- Peas
- Corn
- Mixed
- Stir-fry
- Squash
- Artichoke Hearts
- Leafy Greens
- Edamame
- Mirepoix

Protein

- Ground Meat
- Meat Cuts
- Poultry
- Fish

Grains

- Bread
- Bread Doughs
- Pizza Dough
- Brown Rice
- Ancient Grains

Other

- Frozen Treats



PANTRY STAPLES

Fruit

- Canned Fruits
- Dried Fruits

Vegetables & Legumes

- Canned Vegetables
- Canned or Dried Beans
- Lentils

Proteins

- Trail Mix
- Nuts
- Nut Butters
- Shelf-Staple Milk
- Seeds (Flax, Chia, Sunflower)
- Protein or Granola Bars

Grains

- Cereals
- Granola
- Pasta
- Oats
- Brown Rice
- Quinoa
- Ancient Grains (such as barley, amaranth, farro, millet)

Other

- Baby Food or Formula
- Cooking Oils
- Sauces
- Condiments
- Spices & Seasoning

