

EMERGENCY MODE

GROCERY LIST

MEAT

- Chicken breasts
- Ground beef
- Ground turkey
- Canned tuna

DAIRY

- Milk
- Eggs
- Yogurt
- Cottage cheese

PRODUCE

- Bananas
- Apples
- Potatoes
- Onions
- Spinach
- Zucchini
- Strawberries
- Blueberries
- Watermelon
- Romaine hearts
- Tomatoes
- Carrots

CANNED

- Diced tomatoes
- Tomato sauce
- Tomato paste
- Canned veggies
- Canned fruit

FROZEN

- Frozen fruit
- Frozen veggies
- Sausage patties

PANTRY

- Oats
- Rice
- Dried beans
- Peanut butter
- Jelly
- Pasta
- Pasta sauce
- Salsa
- Seasonings

BAKING

- Flour
- Sugar
- Baking powder
- Baking soda
- Salt
- Yeast