



Shopping List

Fruits

8 large peaches
1 quart tomatoes

Vegetables

Squash
Mushrooms
White onion
Red onion

Cheese

Meat/Fish

Bread/Cereal

Condiments/Dressings

Baking

1 c flour
1 c sugar
 $\frac{1}{4}$ c shortening
 $\frac{1}{2}$ t salt
1 t baking powder

Spices

1 t basil
 $\frac{1}{2}$ t paprika
1 bay leaf
 $\frac{1}{8}$ t ground nutmeg
 $\frac{1}{8}$ t red pepper
 $\frac{1}{8}$ t cloves

Pasta/Rice

Canned Foods

2 c chicken broth

Frozen

Vanilla ice cream

Beverages

Dairy

Heavy cream (if desired for soup)
1 egg
3 T butter

Household

Paper/Wraps

Other

