

CYOA Self-Provisioning Shopping Guide

FRUITS

Apples
Pears
Grapes
Melons
Grapefruit
Orange
Banana
Mango
Lemon
Lime
Pineapple

VEGGIES

Lettuce
Tomato
Cucumber
Pepper
Carrot
Celery
Cabbage
Potato
Garlic
Onion
Other

DAIRY

Butter/Margarine
Cheeses
Eggs
Sour Cream
Yogurt
Parmesan
Cream Cheese
Cottage Cheese

COOLER

Cold Cuts
Sausage/Bacon
Other

FROZEN

Chicken Breast
Chicken Legs
Pork Chops
Burger Patties
Ground Beef
Steak
Italian Sausage
Fish
Shrimp
Other

BREADS, ETC

Bread
Rolls
Cakes
Cookies
Chips
Crackers
Cereal
Tortilla Shells
Other

DRY GOODS

Black Beans
Refried Beans
Peas
Beans
Beets
Corn
Tomatoes
Tomato Paste
Spaghetti Sauce
Tuna
Pineapple
Pudding/Jell-O
Applesauce
Raisins
Nuts
Coffee (Decaf-Regular)
Tea
Box Milk
BBQ Sauce
Peanut Butter
Jam
Sugar
Salt & Pepper
Spices
Olive Oil
Vinegar
Salad Dressing
Mayo
Ketchup
Mustard
Hot Sauce
Salsa
Worcheshire

NON-FOOD ITEMS

Dish Detergent
*Charcoal**
Baggies
Aluminum Foil
Garbage Bags
Insect repellent
Napkins
Paper Plates
Tissues
Toilet Paper
Paper Towels
Matches
Soap
Disinfectant
Bleach
Hand wipes
Scrubber
Sponge
Paper Cups
Other

DRINKS

Water
Soda
Juice
Dry Drink Mix
Beer
Wine
Liquor
Other

*Only for Island Angel, Island Sister, and Azzurra