

COSTCO LIST



DAIRY

Butter - organic
Cheddar cheese
Milk - skim
Parmesan cheese

FISH & POULTRY

Chicken -whole, breasts
Fish, shellfish
Turkey - ground

FRUIT/VEGETABLES

Apples - organic
Greens - organic
Kiwi
Kale, Spinach
Peppers - red

DRY GOODS

Cereal
Crackers
Raisins
Potato chips - Kettle

BREADS/PASTA

Bread - w/w sourdough
Pasta - whole wheat
Rice - brown
Quinoa

BEVERAGES

Beer
Coffee - decaf, regular
Wine - white, red

CANNED GOODS

Salmon
Tomatoes -sauce, roasted
Tuna - albacore

FROZEN FOODS

BAKING GOODS

Almonds
Baking soda
Chocolate chips
Whole Wheat Flour
Organic Sugar
Walnuts
Pecans

PAPER PRODUCTS

Garbage bags
Kitchen garbage bags
Kleenex - 250 count
Napkins
Paper towels
Plastic wrap
Sandwich, snack bags
Toilet paper

CONDIMENTS

Jelly
Ketchup
Mayonnaise
Mustard
Oil - olive, canola
Peanut butter
Vinegar - balsamic, red

LAUNDRY/CLEANING

Baking Soda
Dishwashing liquid
White Vinegar

TOLIETRIES

Conditioner
Dental floss - Glide
Deodorant
Lotion
Razors - double edge
Shampoo
Shave cream
Toothpaste
Vitamins - adults, kids

OTHER

Batteries

Prescriptions

www.GoGingham.com
Real Food +
Sustainable Living