

CDOCEDY LICE		
GROCERY LIST		
PRODUCE Fruits and Vegetables	DELI	MEAT
Traits and regetables		
DAIDY / FCCC	DDV / CANINED	FD O 7 FN
DAIRY / EGGS	DRY / CANNED	FROZEN
	LIEALTII/DED CONAI	NON FOOD (Days and
BAKED GOODS	HEALTH/PERSONAL (soap, toothpaste)	NON-FOOD (Paper, Cleaners, Pet, Other)
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Created by the Manitoba Association of Home Economists for HomeFamily.net		