

## COVID-19 Grocery Shopping List

1 head of romaine lettuce  
1 bag of grapefruit  
1 bag of apples  
1 bag of cuties  
1- 5 lb bag of potatoes  
2- 2 lb bags of carrots  
2 bundles of celery  
1 large onion  
4 cans of tomatoes  
4 cans of green beans  
8 cans of pears  
2 large cans of chicken  
2 cans cream of mushroom soup  
8 cans condensed soup  
3 packages link sausage (8 count)  
1- 16 oz package of lunch meat  
2- 1 lb packages of ground beef  
1- 3 lb beef roast  
1 dozen eggs  
1 package of butter  
1- 2lb block of cheese  
20 containers of yogurt  
1 bag of frozen peas  
1 bag of frozen pearl onions\*  
1 bag of frozen chicken breast (at least a 6 count)  
1 frozen pizza  
1 frozen Chinese Dish  
1 frozen Mexican Dish  
3 loaves of bread  
2 packages English muffins  
1 small jar of peanut butter  
1 jar of jelly or jam  
1- 32 oz package of spaghetti  
1- 16 oz package of rotini noodles  
2 packets of dry spaghetti mix  
1 packet of stew seasoning  
3 packets of gravy mix  
2 boxes instant oatmeal  
Snacks  
1 toothpaste  
1 deodorant  
1 bottle of shampoo  
1 bottle of dish soap  
1 package of toilet paper  
1- 3 gallon container of water  
Cleaning supplies only if running low  
Pet food and extra water

\*NOTE: after talking with multiple store clerks I learned pearl onions are hard to find even under normal circumstances. I bought the last bag at Rosauers. Just buy another onion and you'll have your bases covered.  
Shopping list made by: [Khalielawright.com](http://Khalielawright.com)