

BH/GH Grocery List

Fresh fruit

Fresh vegetables

Frozen vegetables

Eggs

Milk/almond milk

100% fruit juice

Bottled water

Yogurt cups

Butter

Cheeses

Granola or protein bars

Snack crackers

Healthy chips

Paper plates & cups

Toilet paper

Paper towels

Facial tissues

Laundry & dish soap

Dishwasher soap

Garbage bags