

Council on Aging Shopping List 🥕👤

Produce (fruit, vegetables, potatoes, salad)

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Dairy (milk, cheese, eggs, yogurt, sour cream)

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Bakery (bread, buns, rolls, bagels)

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Frozen (vegetables, juice, entrees, meat)

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Meat (beef, chicken, fish, lunchmeat, pork)

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Toiletries (soap, dental, shampoo, personal)

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Cleaning (laundry, floors, windows, general)

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Other

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