

Shopping Guidelines for Staples/Essentials
Lake County Council on Aging

Type or types

Produce:

- _____ Fresh Fruit _____
- _____ Lettuce _____
- _____ Tomatoes, etc. _____
- _____ Potatoes _____
- _____ Bananas _____
- _____ Celery, etc. _____
- _____ Other _____

Dairy:

- _____ Milk _____
- _____ Cheese _____
- _____ Yogurt, etc. _____
- _____ Sour Cream _____
- _____ Butter or Margarine _____
- _____ Eggs _____
- _____ Juice(s) _____
- _____ Other _____

Bread/Buns:

- _____ Bread _____
- _____ Buns _____
- _____ Other _____

Frozen Goods:

- _____ Vegetables _____
- _____ Juice _____
- _____ Meals/Entrees _____
- _____ Other _____

Laundry/Cleaning Supplies:

- _____ Detergent _____
- _____ Softener _____
- _____ Dryer Sheets _____
- _____ Stain Remover _____
- _____ Window Cleaner _____
- _____ Cleanser, etc. _____
- _____ Other _____

Toiletries:

- _____ Soap _____
- _____ Toothpaste _____
- _____ Shampoo/Conditioner _____
- _____ Personal Products _____
- _____ Other _____

Meat and Meat Products:

- _____ Lunch Meat _____
- _____ Chicken _____
- _____ Beef _____
- _____ Pork _____
- _____ Other _____

* Volunteers are **NOT** to purchase tobacco or alcohol for clients.