

Bangs THRIFTMART

Visit Our NEW Web Site at www.bangsthirtmart.com

GROCERY LIST

DAIRY

- Butter
- Cheese
- Cottage Cheese
- Cream Cheese
- Creamer
- Eggs
- Margarine
- Milk
- Parmesan
- Sliced Cheese
- Sour Cream
- Whipped Cream
- Yogurt
-

BEEF

- Ground
- Hamburger
- Roast
- Steaks

POULTRY

- Boneless Breast
- Breast with Bone
- Legs
- Whole Chicken
- Wings
-

DELI MEAT

- Ham
- Roast Beef
- Smoked Turkey
- Turkey

PORK

- Bacon
- Chops
- Ham
- Roast
- Sausage
-

FRUIT

- Apples
- Bananas
- Berries
- Grapefruit
- Grapes
- Lemons
- Limes
- Melons
- Oranges
- Peaches
- Pears
- Plums
- Strawberries
- Watermelon
-

VEGETABLES

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Garlic

- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Sweet Potato
- Tomatoes
- Zucchini
-

PACKAGED

- Baking Powder
- Baking Soda
- Brown Sugar
- Brownie Mix
- Cake Mix
- Cereal
- Cocoa
- Cornstarch
- Flour
- Jello
- Oatmeal
- Pancake Mix
- Rice
- Vanilla Extract
-

CEREALS

-
-

BREADS

- Bagels
- Biscuits
- Buns
- English Muffins
- Hamburger
- Hot Dog
- French
- Italian
- Rolls
- Wheat
- White
-

BEVERAGES

- Cocoa
- Coffee
- Milk
- Orange Juice
- Soft Drinks
- Sports Drinks
- Tea
- Water
- Beer & Wine

CANNED FRUITS

- Cherries
- Mixed Fruit
- Peaches
- Pears
- Pineapples
-

CANNED VEG.

- Carrots
- Corn
- Green beans
- Peas

- Potatoes
- Tomatoes
-

BEANS

- Baked Beans
- Butter Beans
- Green Beans
- Kidney Beans
- Pinto Beans
- PorkNBeans
- String Beans
-

CANNED MEATS

- Chicken
- Corned Beef
- Ham
- Salmon
- Tuna
- Vienna Sausage
-

FROZEN FOODS

- Broccoli
- Carrots
- Corn
- Dinners
- French Fries
- Ice Cream
- Juice
- Mixed vegs
- Pizza
- Tater Tots
-

SEASONINGS

- Celery Salt
- Cinnamon
- Garlic Powder
- Garlic Salt
- Ginger
- Nutmeg
- Onion Powder
- Oregano
- Paprika
- Parsley
- Pepper
- Salt
-

CONDIMENTS

- BBQ Sauce
- Honey
- Horseradish
- Jelly
- Ketchup
- Mayonnaise
- Mustard
- Peanut Butter
- Salsa
- Soy Sauce
- Syrup
- Worcestershire
-

ITALIAN

- Spaghetti Sauce
- Tomato Paste
- Tomato Sauce
- Angel Hair Pasta
- Elbow Macaroni

- Lasagna Pasta
- Shells Pasta
- Spaghetti Pasta
-

MEXICAN

- Green Chili
- Refried Beans
- Salsa
- Spanish Rice
- Tacos
- Tortillas - Corn
- Tortillas - Flour
-

MISCELLANEOUS

- Batteries
- Cards
- Film
- Light Bulbs
-

OILS

- Cooking Spray
- Olive Oil
- Vegetable Oil
-

DRESSINGS

- Blue Cheese
- French
- Italian
- Ranch
- Thousand Island
-

SNACKS

- Candy
- Cookies
- Crackers
- Nuts
- Popcorn
- Potato Chips
- Pretzels
- Raisins
-
-

SOUPS

- Chicken Broth
- Chicken & Rice
- Chicken Noodle
- Crm of Broccoli
- Crm of Celery
- Crm of Mushrm
- Tomato
- Vegetable
-

BABY ITEMS

- Diapers
- Formula
- Lotion
- Oil
- Rash Cream
- Shampoo
- Wipes
-

BABY FOOD

- Apple Juice
- Applesauce
- Bananas
- Carrots

- Chicken
- Dinners
- Greenbeans
- Mixed Veg
- Peaches
- Squash
- Sweet Potato
-
-

MEDICINE

- Antacid
- Bandaids
- Cough Drops
- First Aid Cream
- Hydrogen Peroxide
- Pain-Reliever
- Rubbing Alcohol
-
-

TOILETRIES

- Soap
- Deodorant
- Floss
- Lotion
- Mouthwash
- Petroleum Jelly
- Razors
- Shampoo
- Shaving Cream
- Toothbrush
- Toothpaste
-

PAPER PRODUCTS

- Foil
- Freezer Bags
- Kitchen Bags
- Paper Towel
- Plastic Wrap
- Sandwich Bags
- Storage Bags
- Tissue
- Toilet Paper
- Trash Bag
- Yard Bags
-

CLEANERS

- Air Freshner
- Bleach
- Broom
- Dishwasher Det
- Dryer sheets
- Glass Cleaner
- Laundry Det
- Mop
- Scrub Brush
- Sponges
- Toilet Bowl Cleaners
-

PET ITEMS

- Dog Food
- Cat Food
- Cat Litter