# Frugal Café Economical Foods Checklist

## A-C

Baking Items
___ Baking powder
___ Baking soda
___ Cocoa, unsweetened
___ Cornstarch
___ Molasses
___ Sugar, brown
___ Sugar, powdered
___ Sugar, white/refined
___ Vanilla, imitation

Beans/peas, dried
___ Black beans
___ Black-eyed peas
___ Chickpeas (garbanzo)
___ Kidney beans
___ Lentils
___ Lima beans
___ Navy/Great Northern
___ Split Peas
___ White beans, small

Beverages
___ Coffee, ground
___ Coffee, instant
___ Creamer, non-dairy powdered
___ Tea (100-ct bags)

Cereals
___ Cereal, store brands
___ Corn flakes, plain
___ Grits
___ Farina
___ Oatmeal, rolled oats

Condiments
___ Catsup
___ Hot sauce
___ Jam, jelly
___ Mayonnaise
___ Mustard, yellow
___ Peanut butter
___ Pickles, relish
___ Salsa
___ Soy sauce
___ Vinegar (all types)
___ Worcestershire sauce

## D-F

Dairy
___ Cheese, Cheddar
___ Cheese, Monterey Jack
___ Cheese, Pepper Jack
___ Eggs, medium
___ Milk
___ Powdered milk, non-fat
___ Evaporated milk, canned
___ Yogurt, plain

Fats/Oils
___ Margarine
___ Olive oil
___ Soybean oil
___ Shortening

Fruits/Fruit Juice
Fresh
___ Apples
___ Bananas
___ Grapefruit
___ Oranges
___ Fruits in season
Frozen
___ Juice concentrates (apple, grape, orange)
Canned/bottled
___ Apple juice
___ Applesauce
___ Cranberry juice
___ Lemon juice
___ Mixed fruit
___ Peaches
___ Pears
___ Pineapple

Dried
___ Cranberries
___ Prunes
___ Raisins

Grains/Starches
___ Breads
___Grits
___ Rice, long grain white
___ Ramen Noodles
___ Potatoes, instant mashed
___ Flour, all-purpose
___ Spaghetti
___ Macaroni

## G-M

Meats
___ Bacon, ends/pieces
___ Bacon, turkey
___ Bologna, chicken or turkey
___ Chicken, whole or pieces
___ Chicken, ground
___ Fish, frozen (cod, flounder, pollock, tilapia, trout, whiting)
___ Organs (kidney, heart, liver)
___ Tuna, canned
___ Turkey, ground
___ Salmon, canned
___ Sardines, canned

Miscellaneous
___ Honey
___ Chocolate chips
___ Coconut, shredded
___ Marshmallows

Snack Items
___ Graham crackers
___ Popcorn
___ Pretzels
___ Pudding, instant
___ Saltines/soda crackers
___ Tortillas (corn, flour)

Spices/Herbs
___ Basil
___ Bay leaves
___ Celery seed/salt
___ Chili powder
___ Chives, dried
___ Cloves
___ Cinnamon
___ Coriander
___ Cumin, ground/seeds
___ Curry powder
___ Dill weed/seeds
___ Fennel, seeds
___ Garlic powder/salt
___ Ginger, ground
___ Marjoram, ground/dried
___ Onion, powder/dried
___ Oregano
___ Parsley, dried
___ Pepper (black, cayenne)
___ Nutmeg
___ Rosemary, dried
___ Salt
___ Sage (powdered / dried)
___ Thyme (powdered / dried)
___ Turmeric (powdered / dried)

## N-Z

Vegetables
Fresh
___ Cabbage
___ Carrots
___ Celery
___ Garlic
___ Green beans
___ Lettuce
___ Onions
___ Potatoes
___ Rutabagas
___ Squash
___ Turnips
___ Vegetables in season

Frozen
___ Broccoli
___ Carrots
___ Cauliflower
___ Corn
___ Edamame (soy beans)
___ Green Beans
___ Vegetables, mixed
___ Peas/pea pods
___ Potatoes
___ Spinach

Canned
___ Corn
___ Green beans
___ Greens (collard, kale, mustard, spinach, turnip)
___ Peas
___ Pumpkin
___ Sauerkraut
___ Sweet potatoes
___ Tomatoes (all varieties)
___ Tomato paste
___ Tomato sauce

**Reminder:** Always check store manager's specials and clearance bins and tables

Bring all of your coupons!