

Fresh Produce

acorn squash
alfalfa sprouts
apples-green*
apples-delicious*
apples-gala*
apples-pink lady*
asparagus
avocado
bananas
basil*
blueberries
broccoli*
brussel sprouts
butternut squash
cabbage-green
cabbage-red
cabbage-napa
carrots*
cauliflower
celery*
chives
cilantro*
cranberries
cucumber*
eggplant
garlic
ginger*
grapes-green
grapes-red
kale*
kiwi
leeks
lemons
lettuce-romaine
lettuce-redleaf
lettuce-springmix
limes
mango
mushrooms-bella
mushrooms-button
nectarines
onions-yellow
onions-spring
onions-vidalia
oranges-clementine
oranges- navel
oranges -minneloa
parsley*
peaches*
pears*
peppers-green*
peppers-red*
pineapple
plantains
plums*
pomegranate
potato-russet*
potato-gold*
potato-red*
potato-new*
potato-finger*

rhubarb
shallots
snap peas
snow peas
spinach
spinach-baby
strawberries
sweet potato
tomatoes-cherry
tomatoes-reg
watermelon
zucchini

Frozen Produce

green beans
cherries
corn
mango
mixed berries
peaches
peas
raspberries
strawberries

Canned Goods

beans-baked
beans- black
beans-pinto
beans- refried
coconut milk
chick peas
mandarin oranges
olives
pepperoncini
sauerkraut*
tomatoes-diced*
tomatoes-whole*
tomato paste
tomato sauce
tuna

Cooking Needs

ACV
avocado oil
balsamic vinegar
coconut aminos
liquid smoke
olive oil
red curry paste
red pepper sauce
rice wine vinegar
sesame oil
tahini
veggie stock
white vinegar

Condiments

all fruit jam*
almond butter
honey-creamed
honey-liquid

hummus
ketchup*
mayo
mustard
mustard-stadium
pb-natural
pb-sugar
salsa
veganaise

Baking Needs

agave
baking powder
baking soda
chocolate chips
cocoa-fair trade
cocoa-regular
coconut oil-FT
coconut oil-reg
coconut nect.
cornstarch*
date paste
flour-all purp.
flour-almond
flour-br rice
flour-buckwh.
flour-coconut
flour-spelt
flour-tapioca
flour-whole wh
flour-wwp
molasses
peppermint extract
soy butter
stevia-pure
sugar-brown
sugar-coconut
sugar-white
vanilla
xantham gum
yeast

Dry Goods

almonds-slivered
almonds-whole
apples-dried
apricots
beans-adzuki
beans-black
beans-kidney
beans-pinto
beans-white
buckwheat
cacao nibs
cashews
chia seeds
coconut-flake
coconut-shred
cornmeal*
cranberries
cranberries-a.j.
flax seeds-whole

flax seeds-ground
hazelnuts
hemp seeds
lentils-brown
lentils-red
millet
nut. yeast
oats-groats
oats-whole
pasta-brown rice
pasta-mac n cheese
pecans-whole
pecans-pieces
pine nuts
pistachios
popcorn*
poppypeeds
prunes
pump seeds-raw
quinoa*
raisins
rice-brown
split peas
sunflower seeds
walnuts-whole
walnuts-pieces

Spices

all spice
bay leaves
caraway
cardamom
chili powder
cinnamon
cloves
coriander
cream of tartar
cumin
curry
dill
garam masala
garlic powder
ginger*
ground mustard
marjoram
nutmeg
onion powder
oregano
paprika
parsley
pepper
peppercorns
poultry seasoning
rosemary
sage
salt-sea
salt-iod.
salt-sea/iod.
szechuan pepper
tarragon
turmeric
thyme

Meat & Dairy

butter
cheese-mozza
cheese-parm
chicken* (whole)
chicken* (thighs)
eggs
fish
lunch meat
sausage
turkey-ground
turkey-whole
yogurt-cups
yogurt-1g

Bread & Breakfast

cereal-life
cereal-cheerios
cereal-granola
cereal-raisin bran
cereal- special K
english muffins
EZ bread
EZ buns
hamburger buns
raisin bread
tortillas- spicy
tortillas-plain
whole wheat bread

Beverages

almond milk
apple juice
cashew milk
lemonade
orange juice
red wine
soy milk*
tea-FT
tea-Bigelow
white grape juice
white wine

Snacks

banana chips
chips-tortilla
chips-blue corn
chips-spicy
crackers-multigrain
crackers-“ritz”
crackers-other
fruit strips
plantain chips

Odds & Ends

field rst sausage
sun burgers