



Shopping List Instructions

Please use the following instructions to help ensure we are able to successfully complete your order. Thank you!

Instructions

- Be as specific as possible (quantity, brand, item name, package size, flavor, etc.).
- If you are able, separate your list by category (grocery, dairy, meat, bulk, produce, refrigerated, personal care/non-food, frozen).
- Please be specific if there are certain substitutions that are okay and others that are not. You can put details of substitutions in parenthesis next to the item it applies to.
- In the "Additional Information" field on the form, please indicate if you have any dietary restrictions we need to be sure to follow if picking substitutes.
- For bulk, please order items using weight (2 lbs) or container size (1 large/medium/small plastic container).

Example Shopping List

Grocery

- 1 loaf Canyon Bakehouse bread, Heritage Honey, White, Gluten Free
- 2 boxes La Croix, grapefruit flavor (can substitute orange flavor)
- 2 Equal Exchange Eclipse dark chocolate bars

Personal Care/Non-Food

- 1 bottle Country Life Realfood Organics prenatal vitamins (90 tablets)
- 1 package TP (any brand)

Produce

- 1/2 lb crimini mushrooms
- 2 pints local strawberries
- 5 lbs loose carrots
- 1 large avocado (under ripe if possible)

Refrigerated

- 1 package De Casa white corn tortillas
- 1 container of Co-op hummus

Bulk

- 5 lbs whole wheat flour
- 1 lb gluten free rolled oats
- 1 medium plastic container u-grind peanut butter

Dairy

- 2 half-gallon Organic Valley 2% milk
- 1 dozen Meadow Grove Eggs
- 4 single serve Siggis plain yogurt
- 1 quart plain Wallaby whole milk Greek yogurt

Meat

- 1 lb Community Cow ground beef
- 1 pkg Ranger boneless skinless chicken thighs (can substitute Smart Chicken)

Frozen

- 3 pints Straus coffee ice cream
- 1 bag frozen broccoli (Stahlbush preferred, but any brand okay)