

BLAIR SUPERFOODS - BLAIR, NE

Visit Our NEW Web Site at www.blairsuperfoods.com

GROCERY LIST

DAIRY

- Eggs
- Milk
- Butter
- Margarine
- Sour Cream
- Whipped Cream
- Yogurt
- Cheeses:**
- Cream Cheese
- Parmesan
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MEAT, FISH & POULTRY

- Bacon
- Sausage
- Deli Meat
- Hot Dogs
- Chicken
- Turkey
- Beef
- Pork
- Ham
- Fish
- Shellfish
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FRUIT

- Apples
- Bananas
- Berries
- Grapefruit
- Grapes
- Lemons
- Limes
- Melon
- Oranges
- Pears
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VEGETABLES

- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Garlic
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Tomatoes
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DRY GOODS

- Cereal
- Oatmeal
- Cookies
- Crackers
- Pasta/Noodles
- Beans
- Lentils
- Peas
- Rice
- Bread Crumbs
- Flour
- Sugar
- Cake Mix
- Pancake Mix
- Gelatin
- Potato Chips
- Tortilla Chips
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BREADS

- Bagels
- Bread
- Buns
- English Muffins
- Rolls
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BEVERAGES

- Cocoa
- Coffee
- Tea
- Fruit Juice
- Soft Drinks
- Mineral Water
- Beer & Wine

CANNED GOODS

- Baby Food
- Applesauce
- Fruit
- Chili
- Mushrooms
- Soup
- Spaghetti Sauce
- Tuna
- Vegetables
- Tomatoes:**
- Paste
- Sauce
- Stewed

FROZEN FOODS

- Apple Juice
- Orange Juice
- Ice Cream
- Potatoes
- Vegetables
- Frozen Dinners
- Frozen Pizza
- Frozen Waffles

BAKING GOODS

- Baking Soda
- Baking Powder
- Corn Starch
- Salt
- Pepper
- Chocolate Chips
- Nuts
- Raisins
- Vanilla
- Dried Herbs
- Spices

PAPER PRODUCTS

- Facial Tissue
- Toilet Tissue
- Napkins
- Paper Towels
- Aluminum Foil
- Plastic Wrap
- Lunch Bags
- Sandwich Bags
- Garbage Bags
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MISCELLANEOUS

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LAUNDRY

- Bleach
- Detergent
- Fabric Softener
- Stain Remover

KITCHEN

- Oil
- Vinegar
- Ketchup
- Mayonnaise
- Mustard
- Olives
- Pickles
- Relish
- Salsa
- Salad Dressing
- Shortening
- Soy Sauce
- Honey
- Jelly/Jam
- Peanut Butter
- Syrup
- Cleaner
- Dish Detergent
- Dishwasher Soap
- Floor Cleaner
- Furniture Polish
- Glass Cleaner
- Steel Wool Pads
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BATHROOM

- Bath Soap
- Deodorant
- Lotion
- Razors
- Shaving Cream
- Shampoo
- Toothpaste
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HOUSEHOLD ITEMS

- Bandages
- Batteries
- Candles
- Light Bulbs
- Paper Plates
- Pet Food
- Stamps
- Vitamins
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**THANKS FOR SHOPPING WITH US at YOUR LOCALLY OWNED
AFFILIATED FOODS MIDWEST HOMETOWN GROCERY STORE**