

# MOBILE MARKET GROCERY LIST - SEATTLE



Meals on Wheels Phone: 206.448.5767

The market prices are not listed because they fluctuate, but we're happy to quote you the price of any item. Your order will be totaled upon placement, and you will be given a receipt at the time of delivery. —**Groceries must be pre-paid.**— We accept credit, debit, or EBT at the time of order. EBT may not be used for non-food items.

Sizes are approximate and may fluctuate.

<b>BEVERAGES</b>	<b>BREADS</b>	<b>FRESH FRUIT &amp; VEGETABLES</b>
<input type="checkbox"/> Bottled Water, 16 oz. <input type="checkbox"/> Bottled Unsweetened Tea, 18.5 oz. <input type="checkbox"/> Tea Bags, Variety, 18 bags <input type="checkbox"/> Cocoa Mix, 10 packets	<input type="checkbox"/> Bread, white – loaf <input type="checkbox"/> Bread, wheat – loaf <input type="checkbox"/> English Muffins <input type="checkbox"/> Bagels, Cinnamon Raisin <input type="checkbox"/> Extra Whole Grain Dinner Rolls – dozen	<input type="checkbox"/> Banana, single <input type="checkbox"/> Mixed Salad Greens
<b>COFFEE/SWEETENERS</b>	<b>SPREADS</b>	<b>SNACK CUPS</b>
<input type="checkbox"/> Ground Coffee, Folgers Classic Roast, 11.3 oz. <input type="checkbox"/> Instant Folgers Coffee, 16 oz. <input type="checkbox"/> Coffee Creamer, powdered, 12 oz. <input type="checkbox"/> Stevia, 40 pack <input type="checkbox"/> Sweet'N Low, 100 pack	<input type="checkbox"/> Honey, 24 oz. <input type="checkbox"/> Peanut Butter, Creamy, 16 oz. <input type="checkbox"/> Blackberry Jam, 18 oz. <input type="checkbox"/> Strawberry Preserves, 30 oz.	<input type="checkbox"/> Cinnamon Applesauce, 6 pack <input type="checkbox"/> Sugar-Free Applesauce, 6 pack <input type="checkbox"/> Mixed Fruit in Black Cherry Gel, 4 pack <input type="checkbox"/> Vanilla Pudding, 4 pack <input type="checkbox"/> Chocolate Pudding, 4 pack <input type="checkbox"/> Banana Cream Pie Pudding, 4 pack
<b>JUICE</b>	<b>BUTTER/MARGARINE</b>	<b>SALAD DRESSINGS</b>
<input type="checkbox"/> Apple, 8 oz. <input type="checkbox"/> Cranberry, 64 oz. <input type="checkbox"/> Grape, 10 oz. <input type="checkbox"/> Orange, 10 oz. or 64 oz. <input type="checkbox"/> Pineapple, 6 oz. <input type="checkbox"/> V-8 Tomato, 5½ oz.	<input type="checkbox"/> Butter, salted, 1 lb. <input type="checkbox"/> Butter, unsalted, 1 lb. <input type="checkbox"/> Country Crock, tub, 16 oz.	<input type="checkbox"/> Balsamic Vinegar <input type="checkbox"/> Italian <input type="checkbox"/> Ranch
<b>MILKS</b>	<b>CHEESE</b>	<b>CONDIMENTS</b>
<input type="checkbox"/> Almond Milk w/vanilla, unsweetened, qt. <input type="checkbox"/> Soy Milk w/vanilla, qt. <input type="checkbox"/> Dairy Milk, fresh 2%, qt. <input type="checkbox"/> Dairy Milk, fresh Nonfat, qt. <input type="checkbox"/> Dairy Milk, fresh Chocolate, 8 oz. <input type="checkbox"/> Dry Milk, single serving packet <input type="checkbox"/> Evaporated Milk, 12 oz. can	<input type="checkbox"/> Cottage Cheese, 2%, 16 oz. <input type="checkbox"/> Cream Cheese, 8 oz. tub <input type="checkbox"/> Medium Cheddar Cheese, 8 oz. <input type="checkbox"/> Sharp Cheddar Cheese, 8 oz.	<input type="checkbox"/> Ketchup, 14 oz. <input type="checkbox"/> Spicy Mustard, 12 oz. <input type="checkbox"/> Mayonnaise, 30 oz. <input type="checkbox"/> Pickle Chips, 24 oz. <input type="checkbox"/> Salsa, mild, 16 oz. <input type="checkbox"/> Cholula Hot Sauce, 5 oz. <input type="checkbox"/> Siracha, 17 oz.
	<b>EGGS</b>	<b>BAKING/SEASONINGS</b>
	<input type="checkbox"/> Eggs, large, dozen	<input type="checkbox"/> Baking Soda, 16 oz. <input type="checkbox"/> Johnny's Seasoning Salt, 16 oz. <input type="checkbox"/> Mrs. Dash, salt-free, 2.5 oz. <input type="checkbox"/> Salt, Iodized, 26 oz. <input type="checkbox"/> Sugar, Brown, 2lb <input type="checkbox"/> Sugar, White, 4lb <input type="checkbox"/> Vinegar, 32 oz.
	<b>CEREALS</b>	
	<input type="checkbox"/> Cereal, Variety, 8 pack <input type="checkbox"/> Oats, Instant Variety, 10 pack <input type="checkbox"/> Crispy Cocoa Rice, Mom's Best, 18 oz. <input type="checkbox"/> Honey Bunches of Oats, 18 oz. <input type="checkbox"/> Honey Nut Cheerios, 27 oz. <input type="checkbox"/> Raisin Bran, 18 oz. <input type="checkbox"/> Shredded Wheat, 15 oz.	

<b>FRUITS (CANNED)</b>	<b>BEANS/RICE</b>	<b>CRACKERS/CHIPS</b>
<input type="checkbox"/> Fruit Cocktail <input type="checkbox"/> Grapefruit in Lite Syrup <input type="checkbox"/> Mandarin Oranges <input type="checkbox"/> Peaches in Juice <input type="checkbox"/> Pears in Juice <input type="checkbox"/> Pineapple In Juice	<input type="checkbox"/> Baked Beans, 16 oz. can <input type="checkbox"/> Black Beans, 15 oz. can <input type="checkbox"/> Pinto Beans, 15 oz. can <input type="checkbox"/> Uncle Ben's Long Grain & Wild Rice, microwave pouch <input type="checkbox"/> Extra Side of Prepared Rice	<input type="checkbox"/> Lay's Potato Chips, snack size <input type="checkbox"/> Pretzels, snack size <input type="checkbox"/> Pringles Potato Chips <input type="checkbox"/> Pringles - Sour Cream & Onion <input type="checkbox"/> Ritz Crackers, 19 oz. <input type="checkbox"/> Saltines <input type="checkbox"/> Tortilla Chips, 15 oz. <input type="checkbox"/> Wheat Thins, 8.5 oz.
<b>VEGETABLES (CANNED)</b>	<b>MEATS/DINNERS (CANNED)</b>	<b>NUTS/BARS</b>
<input type="checkbox"/> Corn, no salt added <input type="checkbox"/> Green Beans <input type="checkbox"/> Idahoan Instant Mashed Potatoes, flavor variety, 4 - 4 oz. packages <input type="checkbox"/> Peas <input type="checkbox"/> Tomatoes, no salt added <input type="checkbox"/> Yams	<input type="checkbox"/> Beef Stew <input type="checkbox"/> Chicken Breast, chunk <input type="checkbox"/> Chili with Beans <input type="checkbox"/> Corned Beef Hash <input type="checkbox"/> Tuna, chunk light in water <input type="checkbox"/> Ravioli, Chef Boyardee <input type="checkbox"/> Spaghetti/Meatballs <input type="checkbox"/> Spam	<input type="checkbox"/> Almonds, snack size <input type="checkbox"/> Peanuts, snack size <input type="checkbox"/> Trail Mix, snack size <input type="checkbox"/> Cliff Bar, White Chocolate Macadamia
<b>SOUPS (CANNED)</b>	<b>NON-FOOD ITEMS</b>	<b>COOKIES</b>
<input type="checkbox"/> Amy's Organic Tomato Bisque <input type="checkbox"/> Amy's Organic Lentil Soup <input type="checkbox"/> Progresso New England Clam Chowder Campbell's Soups... <input type="checkbox"/> Bean with Bacon <input type="checkbox"/> Chicken Broth <input type="checkbox"/> Chicken Noodle, condensed <input type="checkbox"/> Chicken Noodle, low sodium <input type="checkbox"/> Chunky Chicken Noodle <input type="checkbox"/> Chunky Beef Pot Roast <input type="checkbox"/> Chunky Split Pea & Ham <input type="checkbox"/> Chunky Vegetable <input type="checkbox"/> Cream of Mushroom	<input type="checkbox"/> Aluminum Foil, 25 sq. ft. <input type="checkbox"/> Clorox Sanitizing Wipes, 75 count canister <input type="checkbox"/> Facial Tissue, 160 count <input type="checkbox"/> Bar Soap <input type="checkbox"/> Liquid Laundry Detergent <input type="checkbox"/> Liquid Dish Soap, 24 oz. <input type="checkbox"/> Paper Towels, 1 Roll <input type="checkbox"/> Toilet Paper, 6 pack <input type="checkbox"/> Toothpaste	<input type="checkbox"/> Chocolate Chip Cookies, Franz <input type="checkbox"/> Fig Newtons <input type="checkbox"/> Graham Crackers <input type="checkbox"/> Lemon Cookies, Franz <input type="checkbox"/> Oatmeal Cookies, Franz <input type="checkbox"/> Oatmeal Raisin Cookies, Franz <input type="checkbox"/> Oreos <input type="checkbox"/> Peanut Butter Cookies, Franz <input type="checkbox"/> Snickerdoodles, Franz

## MOBILE MARKET GROCERY LIST – LIQUID SUPPLEMENTS

<input type="checkbox"/> Ensure (24/case) Vanilla, Chocolate, Strawberry, or Butter Pecan	<input type="checkbox"/> Ensure <b>Plus</b> (24/case) Vanilla, Chocolate, Strawberry, or Butter Pecan	<input type="checkbox"/> Glucerna Shake (24/case) Chocolate or Strawberry
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