



Circle of Freedom

Grocery Needs

Food Items

Honey	Sea Salt
Salad dressings (ranch, balsamic, French, blue cheese)	Mayo
Coffee	Pickles
Oats (Steel Cut or Instant, but no sugar added)	Tortilla chips
Almonds	Chili Powder
Walnuts	Mustard
Chicken broth	Dijon mustard
Beef broth	Worcestershire sauce
Apple cider vinegar	Dried onion
White vinegar	Cilantro
Taco seasoning	Garlic cloves
Extra virgin olive oil	Dried onion soup mix
Vegetable oil	

Perishable Items

Frozen Chicken Breasts	Salted Butter (not margarine)
Shredded Cheddar Cheese	Tilapia Fish
Blocks of Cheddar Cheese	Swai Fish
Hamburger	

Cleaning Supplies/Laundry Items

409 Multi-purpose Cleaner	Parchment paper
Mr. Clean	Ziploc bags
Toilet bowl cleaner with bleach	Dinner napkins
Laundry (sensitive skin-fragrance free) pods	Toilet Paper
Garbage Bags – draw-string tall kitchen (13 gallon)	Paper towels
Garbage Bags - 4 gallon	Garbage Bags - 33 gal
Tampons (super or super plus)	