FITCITYCHALLENGE
www.fitcitychallenge.org

Grocery list

✔	Fresh Fruits & Veggies	✔	Canned	✔	Frozen	✔	Poultry/Seafood/Meat

✔	Dairy	✔	Spices/Condiments	✔	Cereal/Grain/Pasta	✔	Beverages

✔	Snacks	✔	Household Items	✔	Personal Hygiene	✔	Miscellaneous