



# Gratitude and GOODNESS



## TIPS AND TRICKS FOR THE PERFECT HOLIDAY MEAL

### *Thanksgiving Shopping List Staples*

The grocery stores are packed during the Thanksgiving rush, and it can be overwhelming. Especially when you get home and realize you forgot one important item and need to go back into the chaos. Below is a list of common ingredients you may need for the Holiday meal so you can be prepared for anything and won't need to go back into the crowds. You may not need everything on this list, but it's a great start to make sure you won't forget anything.

### SHOPPING LIST

#### **Meat:**

Turkey  
Ham  
Bacon  
Sausage

#### **Produce:**

Russet Potatoes  
Sweet Potatoes  
Brussels Sprouts  
Carrots  
Celery  
Onions  
Green Beans  
Lemons  
Oranges  
Apples  
Pears  
Herbs- rosemary, sage,  
thyme, garlic

#### **Pantry:**

Flour  
Cornmeal  
Sugar  
Brown Sugar  
Molasses  
Corn Syrup  
Velveeta  
Green Beans  
Corn  
Cranberry  
Maple Syrup  
Baking Soda/Baking Powder  
Vanilla extract  
Salt/Pepper  
Spices  
Nuts- walnuts, pecans, almonds  
Soups- cream of mushroom, cream  
of chicken, cream of potato  
Stock/Broth- Chicken, Beef, Veggie  
Canned Pumpkin  
Marshmallows  
Graham Cracker Crumbs  
Breadcrumbs  
Fried onions  
Nonstick cooking spray

#### **Aluminum foil**

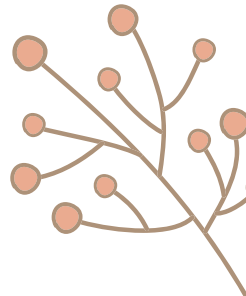
Plastic wrap  
Extra Tupperware/to go  
containers

#### **Refrigerated:**

Butter  
Heavy Cream  
Whole Milk  
Half and Half  
Whipped Cream  
Buttermilk  
Cream Cheese  
Eggs  
Shredded Cheeses

#### **Frozen:**

Ice Cream  
Cool Whip  
Dinner Rolls  
Frozen Pie Crust



**Happy Holidays!**

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Naturally Delicious.™