

Beverages

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Condiments/Dressings

Champagne VinegarDijon Mustard

Frozen Foods

Frozen Turkey, 16-20 lbs

Cooking/Baking

- 🏶 Evaporated Milk, 1-12 oz can
- Flour, 2 lbs
- 🟶 Light Brown Sugar, 1 lb
- 🃤 Granulated Garlic
- 🧥 Granulated Onion
- 🆚 Thyme
- Rubbed Sage
- **Poultry Seasoning**
- 🏶 Sugar, 2 lbs
- 🌄 Shortening, small pkg
- 🐃 Cinnamon
- Ground Ginger
- **Ground Cloves**
- 🆚 Corn Syrup
- 论 Chocolate Chips, optional

Dairy

- 🏶 Eggs, 1/2 dozen
- Whole Milk, small size
- Sour Cream, small container
- Unsalted Butter, 2 lbs

Soups/Canned Goods

- Turkey Stock, 4-32 oz containers
- Canned Pumpkin, 1-15 oz

Dinner Rolls, 2 dozen

Bakery

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Produce

- Pecan Halves, 1 pound
- Mixed Greens, 20 oz
- 🗫 Orange, 1
- Russet Potatoes, 5 lbs
- Lemon, 1
- 🏶 Cranberries, 3-12 oz pkgs
- Sweet Potatoes, 2
- 🃤 Dried Cherries, 1 small pkg
- 🣤 Green Beans, 1 lb
- Carrots, 1 lb

Happy Thanksgiving from the Health4U Program!

Please visit our webpage at health4u.msu.edu/food/articles to learn more about Holiday Cooking and Eating!