Grocery List

Beverages
- Orange Juice

Condiments/Dressings
- Champagne Vinegar
- Dijon 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
- 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 cans

Bakery
- Dinner Rolls, 2 dozen

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!