

At Your Service Grocery Shopping

How it works:

Step 1:

The grocery list is a basic template for you to complete with quantities, brand preferences and any other information or instructions you have for us. Each time you use it, just fax or email your list directly to us. Don't see something you need? Add it to the "notes" section.

Step 2:

After we receive your list, we'll call you back to confirm everything (within the hour if we receive your list during business hours) and receive any special instructions you may have for us. Be sure to let us know if you have a preferred supermarket. Then relax! We'll do your shopping, deliver your groceries, and even put them away for you if you'd like.

Step 3:

At Your Service will bill you for our grocery shopping service (\$15), plus the cost of your groceries, plus 15% of the before-tax total.

Nothing could be simpler!



Grocery List

Fruits

- apples
- avocados
- bananas
- berries
- cherries
- grapefruit
- grapes
- lemons
- melons
- oranges
- peaches
- pears

Vegetables

- artichokes
- broccoli
- cauliflower
- carrots
- celery
- corn
- cucumbers
- garlic cloves
- lettuce
- onions
- peppers
- potatoes
- squash
- tomatoes

Meat

- bacon
- beef
- chicken
- deli meat
- hot dogs
- pork
- turkey

Seafood

- crab
- salmon
- shrimp

Frozen

- chicken
- desserts
- fruit
- ice
- ice cream
- juice
- pizza
- potatoes
- tv dinners
- vegetables
- waffles

Baking

- baking powder
- baking soda
- bread crumbs
- cake mix
- canned milk
- cornmeal
- flour
- frosting
- muffin mix
- shortening
- sugar
- yeast

Bakery

- bagels
- bread
- buns
- cookies
- croutons
- dinner rolls
- muffins
- pita bread
- tortillas

Breakfast

- cereal
- oatmeal
- pancake mix

Dairy

- biscuits
- butter
- cheese
- cream
- cream cheese
- dip
- eggs
- egg substitute
- feta cheese
- milk
- salsa
- sour cream
- whipped cream
- yogurt

Drinks

- beer
- coffee
- juice
- soft drinks
- tea
- wine

Snacks

- candy
- cookies
- crackers
- dried fruit
- gelatin
- granola bars
- gum
- nuts
- popcorn
- potato chips
- pretzels
- pudding
- raisins
- tortilla chips

Pasta & Rice

- couscous
- elbow macaroni
- lasagna
- mac & cheese
- noodle mix
- rice
- rice mix
- spaghetti

Cans & Jars

- applesauce
- beans
- broth/bullion
- canned fruit
- canned vegetables
- chili
- corn
- jam/jelly
- mushrooms
- olives
- pasta sauce
- peanut butter
- pickles
- soup

Baby

- baby food
- diapers
- formula
- wipes

Pets

- cat food
- cat sand
- dog food
- treats

Seasoning

- bay leaves
- cinnamon
- garlic
- Italian seasoning
- pepper
- sage
- salt
- seasoned salt
- soup mix

Sauces, etc.

- bbq sauce
- catsup
- cooking spray
- honey
- hot sauce
- lemon juice
- mayonnaise
- mustard
- oil
- relish
- salad dressing
- salsa
- soy sauce
- steak sauce
- vinegar

Personal

- Care**
- cotton swabs
- dental floss
- deodorant
- facial tissue
- shampoo
- shaving cream
- soap
- toilet paper
- toothbrush
- toothpaste

Paper

- foil
- plates
- paper towels
- plastic wrap

Cleaning

- dish soap
- dishwasher detergent
- glass spray
- laundry soap

Miscellaneous

Please note brands you prefer and quantities you need. Fax or email this list back to At Your Service, or send us a list using the "Contact Us" form.

FAX: 314-9947-6227

Email: Info@AtYourServiceSTL.com

Notes: