Giant®

SHOPPING LIST OF COLLEGE ESSENTIALS

Personal Care

- ☐ Soap, hand sanitizer, face wash
- ☐ Lotion
- ☐ Sunscreen, bug spray
- ☐ Shampoo, conditioner, gel, hairspray
- ☐ Deodorant
- ☐ Razors, blades, shaving cream
- ☐ Beauty products
- ☐ Toothbrush, toothpaste, dental floss, mouthwash
- ☐ Brush, comb, hair accessories
- ☐ Feminine products
- ☐ Tweezers, clippers

Organizing and Cleaning Supplies

- ☐ Laundry detergent, fabric softener
- ☐ Bleach
- ☐ Dryer sheets
- ☐ Door hooks for coats or towels
- ☐ Flashlight
- ☐ Power strips, extension cords
- ☐ Broom and dust pan
- ☐ Air freshener
- ☐ Paper towels, toilet paper, tissue paper, napkins
- ☐ Plastic wrap and aluminum foil
- ☐ Food storage bags
- ☐ Trash bags
- ☐ Can opener

Breakfast

- ☐ Cereal and milk
- ☐ Granola and cereal bars
- ☐ Bagels, butter and cream cheese
- ☐ Donuts, muffins
- ☐ Yogurt
- ☐ Juice
- ☐ Coffee, creamer, sugar

Lunch

- ☐ Peanut butter, jelly and bread
- ☐ Deli meats and cheeses
- ☐ Tuna and mayonnaise
- ☐ Salt, pepper, ketchup and other condiments
- ☐ Fruit, fruit cups, fruit snacks, pudding

Heat and Eat

- ☐ Frozen pizza
- ☐ Mac & cheese
- ☐ Soups
- ☐ Ramen noodles
- ☐ Pasta and sauce
- ☐ Spices
- ☐ Cooking oil
- ☐ Salad and salad dressing
- ☐ Raw and frozen veggies
- ☐ Chicken nuggets
- ☐ Buffalo wings
- ☐ Pot pies
- ☐ Nachos
- ☐ Hot dogs and buns
- ☐ Quesadillas
- ☐ Did we mention frozen pizza?

See reverse side for more "must have" items!

SHOPPING LIST OF COLLEGE ESSENTIALS

Snacks

- ☐ Veggies and dip
- ☐ Cheese and crackers
- ☐ Granola and cereal bars
- ☐ Nuts
- ☐ Popcorn
- ☐ Chips, salsa and dips
- ☐ Water, sodas, juice

Health

- ☐ Pain and fever relievers
- ☐ Thermometer
- ☐ Cough and cold medicines
- ☐ Vitamins
- ☐ Bandages
- ☐ Antibacterial ointment
- ☐ Allergy medicines
- ☐ Antacids

Prescriptions

- ☐ You can transfer your medications to any Giant pharmacy near your campus

School Supplies

- ☐ Pens, pencils, highlighters
- ☐ Batteries
- ☐ Tape, scissors, stapler
- ☐ Notebooks, printer paper
- ☐ Adhesive hooks that don't damage walls

Avoid the "Freshman 15" (any year)

Look for the Healthy Ideas tags and nutritional icons on thousands of items in our stores.

Budgeting

Parents: Giant gift cards can be better than cash for budgeting. They ensure your students are spending money on essentials that may otherwise be neglected.

**No purchase necessary. Odds of winning depend on number of lists given out. Prize valued at $25. Must be 18. 1 winner per day, valid Grand Re-opening weekend only.*