

A collage of various fresh food items including meat, vegetables, and dairy products. The items are arranged around the central text, with some items like ground beef, chicken, fish, and turkey appearing in the list. Other items include tomatoes, cheese, oil, peas, an egg, salmon, avocado, lemons, mussels, shrimp, and potatoes.

Perishable Items Needed

- ground beef
- chicken
- fish
- frozen potatoes
- bacon
- sausages
- turkey
- frozen vegetables