# **EWCM Shopping List:**

This represents a small sample of the EWCM offerings. If you don't see something on the list, please ask! Please follow ordering details at bottom of this page.

### Dairy:

Milk, Butter, Yogurt, Sour Cream, Whip Cream, Cheese, Eggs, Milk Alternatives (soy, flax, almond) and more! From: Monument Farms, Sweet Rowen, Rogers Organic, Butterworks Farm, Green Mountain Creamery, Cabot, Organic Valley and many more!

#### Produce:

Various Lettuces, Cabbage, Kale, Green Beans, Cauliflower, Various Cooking Herbs, Peas, berries, Carrots, Peppers, Broccoli, Celery, Cucumbers, Squash, Garlic, Shallots, Potato, Tomato, Lemon and Limes, Oranges, Apples, Bananas, Avocados and more! A variety of produce is delivered 5 days a week and we grow our own organic produce seasonally.

### Wine, Beer, Beverage:

A wide variety of staples and craft beer (Example: Lawson's, Alchemist, Stowe Cider, Frost and many more!). Wonderful selection of natural, organic and widely known wines.

Soft drinks, komucha, sparkling seltzer, organic sodas and more.

#### Grocery:

We have all of the shelf stable products for baking and cooking. Flour, sugar, baking powder and soda, cornstarch and more for the kitchen. Pastas, sauces, vinegars, oils, Mexican and Asian products, canned products and canned seafood. Maple Syrup, peanut/ almond butter, jellies, preserves (pickles, kimchi, relishes and more) bread (Green Rabbit, Mansfield). Chips, cookies, crackers, cereal and snacks. Local honey, teas, coffee (VT Coffee Company, Awake, Carrier Roasting Co.). Bulk items: Rice, Beans, Popcorn, dried fruits and various snacks.

This is just a short list of all of our standard grocery offerings.

#### Frozen:

Wilcox ice cream, Leonardo's Gelato, Coconut Bliss, Mirabelles frozen croissants, Wymans frozen berries, Cascadian Farms frozen veggies, bagels, VT Bean Crafters bean/veggie burgers, Goodman's frozen pizzas, Starbird frozen fish

# Gift Items:

We have a variety of hand crafted items from local artists such as stained glass earrings by Allyson Biondo (Rainrose Glass) and Chakra bracelets from Mary Ellen Alberti (Awake Jewelry), Kitchenware, Cards, Cutting Boards, Coat Hooks, EWCM hats and t-shirts and many more locally made Vermont gifts!

#### Please email your order to staff@eastwarrenmarket.com with your preferred brands and phone number. We will call you back to confirm order, process payment and pick-up.

# Meat:

Neill Farm beef/pork, North Hollow beef, Von Trapp pork, Misty Knoll chicken, Northcountry Smokehouse bacon/hot dogs/ kielbasa, Black River bacon, VT Salami sausages, Starbird smoked salmon and a variety of cured meats.

### Cheese:

Von Trapp, Jasper Hill, Lazy Lady, Shelburne Farms, Cabot, Sweet Rowen, Vermont farmstead, Vermont Creamery, Billings Farm, Neighborly Farm and more. Variety of hard cheeses: parmesan, manchego, grana padano, etc.

# Self & Home Care:

Organic and Eco-friendly Shampoos, Conditioners, lotions, soaps, toothpaste, deodorant. First aid care and pain relief. CBD products. Dish and laundry soap, house cleaning products, paper towels, toilet paper and cleaning supplies.

# Kitchen:

Don't forget to ask about our grab and go wraps, salads and dishes as well as our carry out meals!

To take a closer look at products please view our Instagram stories @eastwarrencommunity