SHOPPING LIST

Lean Canned Protein
peanut butter, tuna, chicken, turkey, beans

Fruits and Vegetables
canned fruits and vegetables, pasta sauce, 100% fruit juice, fruit preserves, dried fruit

Whole Grains
cereal, pasta, oatmeal, rice, crackers

Meals
soups, stews, boxed meals, canned pasta

Baby Products
formula, baby food, diapers, wipes

Low Fat - Low Sodium - Low Sugar Products Preferred

Please remember:
• Non-perishable food
• Non-breakable containers
• Nutritional labels intact
• Check dates (items can be up to 6 months past printed date)