



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

Personal Hygiene Items

shampoo, body wash, deodorant, toothbrush/toothpaste, feminine hygiene products, toilet paper

Low Fat - Low Sodium - Low Sugar Products Preferred

Please remember:

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