

Suggested Shopping List



We seek to **eliminate** childhood hunger, because we believe a nutritious meal is the key to **success** in every kids life.

Breakfast Items:

- ✓ Cereal
- ✓ Granola Bars
- ✓ Instant Oatmeal
- ✓ Dry Milk
- ✓ Dry Pancake Mix

Pop-Top Canned Meals:

- ✓ Chili
- ✓ Pasta
- ✓ Soup
- ✓ Stew

Pop-Top Canned Vegetables:

- ✓ Canned Beans
- ✓ Carrots
- ✓ Corn
- ✓ Green Beans/Peas
- ✓ Mixed Vegetables

Pop-Top Canned Meat:

- ✓ Chicken
- ✓ Ham
- ✓ Tuna (or in a pouch)

Fruit:

- ✓ Applesauce (snack pack)
- ✓ Boxed Fruit Juice
- ✓ Pop-Top Canned Fruit
- ✓ Fruit Cups
- ✓ Raisins

Boxed foods:

- ✓ Boxed Rice
- ✓ Boxed Pasta
- ✓ Instant Potatoes
- ✓ Macaroni & Cheese

Dry Goods:

- ✓ Couscous
- ✓ Dry Beans
- ✓ Dry Pasta
- ✓ Rice
- ✓ Nuts

Miscellaneous:

- ✓ Jelly (plastic jar preferred)
- ✓ Peanut Butter
- ✓ Tomato Sauce

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"Working together to **eliminate** childhood hunger right here at **home**"