



## SHOPPING LIST

- Canned vegetables & fruits
- Canned & boxed meals (i.e., soup, chili, stew, macaroni & cheese)
- Canned or dried beans & peas (i.e., black, pinto, lentils)
- Pasta, rice, low sugar cereals
- Peanut butter
- Baby formula & baby foods (check expiration dates)
- Holiday foods during the holiday season (cranberry sauce, dry stuffing mix, cake mixes & frosting, etc.)
- Instant mixes like potatoes, gravies & sauces that add a little something special to a holiday meal.
- Canned meats (i.e., tuna, chicken, salmon) that do not require refrigeration before opening.
- 100% fruit juice (canned, plastic or boxed)

### Household Items:

Shampoo • Deodorant • Soap • Toilet paper  
Toothpaste • Feminine hygiene products • Laundry detergent  
Cleaning supplies • Paper towels

### Baby Items:

Baby Shampoo • Baby Wipes • Baby diapers • Baby lotion



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