

Food Drive Shopping List

Lean Canned Protein

Tuna
Sardines
Chicken
Turkey
Peanut butter
Beans

Fruits & Vegetables

Canned fruits
Canned vegetables
Pasta sauce
100% fruit juice

Whole Grains

Cereal
Oatmeal
Pasta
Rice
Crackers
Granola bars
Pancake mix

Meals

Soups/stews/chili
Boxed meals
Canned pasta

Condiments

Ketchup/mustard
Salad dressing
Syrup
Jelly

Kitchen Essentials

Flour
Cooking oil
Herbs/spices

Personal Hygiene Products

Adult diapers
Shampoo/conditioner
Body wash
Toilet paper
Toothbrush/toothpaste
Deodorant
Feminine hygiene items

Baby Products

Formula
Baby food
Diapers
Wipes

REMEMBER:

Low fat, low sodium, and low sugar products preferred
Non-perishable food
Non-breakable containers
Nutritional labels intact
Product is good 6 months past the Best/Sell/Use By Date

