

SHOPPING LIST

- Pancake/waffle mix (needs only water) + syrup
- Instant oatmeal
- Cereal
- Granola bars
- Peanut butter + jelly
- 2 loaves of bread
- Pretzels
- Cheese or peanut butter crackers
- Pudding cups
- Fruit cups
- 2 cans of fruit
- 2 cans of veggies (corn, peas, green beans, etc.)
- 2 cans of beef ravioli
- 2 cans hearty/chunky soup
- Large box (or 2 small) of instant rice
- 2 boxes mac and cheese
- 2 boxes of pasta
- 2 jars/cans of pasta sauce
- 4 cans of chicken
- 4 cans of cream of chicken soup
- Bag of egg noodles
- 2 bags of rice and broccoli sides or 2 boxes of tuna helper



Please use 2 or 3 large double-bagged grocery bags or 2-3 reusable grocery bags.

TIPS

Don't worry about getting it perfect. If an item on the list isn't available, replace it with something similar (e.g. substitute pasta for egg noodles).
When items are available in multiple sizes (e.g. peanut butter), choose larger sizes if possible.
If you buy bread in advance, freeze it until you drop off your box.