



## SHOPPING LIST

updated Oct 2015

### **FOOD NEEDS**

Oatmeal – individual packages  
Grits – individual packages  
Cereal  
Powdered Milk  
Hearty Soups (not “cream of” or broth)  
Canned Chili, Stew or Pasta Meals  
Canned Tuna, Salmon, Chicken  
Vienna Sausage  
Peanut Butter  
Canned Fruit  
Canned Green Beans, Peas, Corn, or Carrots  
Canned Spaghetti sauce (no glass, please)  
Boxed Pasta, Mac & Cheese, Ramen Noodles  
Granola or Cereal Bars  
Crackers (Ritz or Saltines in sleeves)  
Crackers w/Peanut Butter or Cheese  
100% Juice Boxes

### **PERSONAL NEEDS**

Toothbrushes  
Travel size Toothpaste  
Travel size Shampoo  
Travel size Lotion  
Soap  
Feminine Products  
Toilet Tissue