



## PACK WITH A PURPOSE **SHOPPING LIST**

Together, we will provide hundreds of servings of food for hungry families in the local community. The items listed below are the most needed and we ask that you **please only include these items.**

- (1) 1 lb. Bag of Brown Rice
- (1) 1 lb. Bag of Lentils
- (1) 1 lb. Bag of Pinto Beans or Black Beans
- (1) 10 oz. Can of Low Sodium Soup (Recommend Chicken Noodle)
- (1) 8 oz. Can of Fruit (Recommend Crushed Pineapple)
- (1) 4 oz. Can of Protein (Recommend Chunky Light Tuna in Water)
- (1) 15 oz. Can of Vegetables (No Salt Added)
- (1) 12 oz. Box of Veggie/Tri-Color Pasta
- (2) Pack of 6 - 1 oz. Box Raisins
- (1) 16 oz. Jar of Reduced Fat Peanut Butter
- (1) 18 oz. Can of Quick Oats
- (1) Box of 5 - 2.11 oz Cereal Bars (Recommend Quaker Oats Baked Squares)

Please only include items that are sealed, shelf-stable, not expired, and are included in the grocery list above. **QUESTIONS? CALL 888.891.6447**