



# 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**