



POWER OF COMMUNITY PASSION

This is the UPDATED standard shopping list to fill a box to help support a family of 4. We have worked to check nutrition and cultural preferences in menu development. *Please find a sturdy cardboard box (or 2) and fill it with these items.*

NOTE: We have removed applesauce from the list and added a 2nd fresh fruit item based on feedback from the families we serve.

Products (no glass, please)	Quantity	Type
Instant Oatmeal Packets (Country Choice, Quaker, etc.)	2	Boxes
Canned soup (Progresso/Healthy Choice)	4	10.5 oz cans
Canned vegetables (corn, green beans, or similar)	2	14.5 oz cans
Canned fruit	2	15 oz cans
Rice (jasmine, white, brown, etc.)	1	32 oz bag
Crackers (Ritz, Club, wheat thins)	1	16 oz box
Peanut Butter (<i>no glass</i>)	1	28 oz jar
Cooking oil (olive, canola, etc.)	1	32 oz bottle
Onions, bell peppers, chilies, garlic or similar	1	5 pieces
Fresh vegetables (broccoli, green beans, carrots, snap peas etc.)	2	Bags
<i>Fresh fruit (apples, pears, oranges, bananas, grapes, melons)</i>	2	<i>Dozen/bunch/ea</i>

Sizes are approximate! Variations are fine!

Other needs: infant formula, wipes, and diapers, as well as NEW personal care items like shampoo, razors, toothpaste, soap, deodorant.

Thank you!