

Grocery Shopping List



THANK YOU for purchasing groceries for a family in need. Below are suggestions for weekly staple items for our families.

Yosselin & Enrique S. Family: 2 adults and 4 children

Mbalas.: 2 adults and 4 children

Delivery Instructions:

Please deliver items to the address below between 10 and 11 on Wednesday. If you need to make alternative arrangements, please email Ash Hawken ashhawk@verizon.net or call him at 571-214-2731.

Address: 19 N Oakland Street Arlington, VA 22203

Shopping List for Mbalas

- ☐ Chicken
- ☐ Ground Beef
- ☐ Fish
- ☐ Bread
- ☐ Seasonal Fruit
- ☐ Seasonal Vegetables
- ☐ Onions
- ☐ Lettuce
- ☐ Tomatoes
- ☐ Brown Rice
- ☐ Snacks (popcorn/bars/crackers)
- ☐ Mayonnaise
- ☐ Cooking Oil

Or shop by menu if that is easier (including the staples of eggs/milk/bread/fruit)! Suggestions include:

- ☐ Taco Night (chips/avocado/tomatoes/beans, etc)
- ☐ BBQ night (burgers, hotdogs, Mac N Cheese, Beans, salad)
- ☐ Chicken Dinner (Chicken, rice, vegetables)
- ☐ Pizza Night (make your own pizza items)
- ☐ Stir Fry Night

Shopping List for Sevillas

- ☐ Eggs
- ☐ Cheddar Cheese
- ☐ Chicken
- ☐ Ground Beef
- ☐ Fish
- ☐ Bread
- ☐ Tortillas
- ☐ Orange Juice/Apple Juice
- ☐ Peanut Butter
- ☐ Jelly
- ☐ Seasonal Fruit
- ☐ Seasonal Vegetables
- ☐ Lettuce
- ☐ Tomatoes
- ☐ Orange Juice/Apple Juice
- ☐ Kid-Friendly Cereal (Cheerios or Rice Krispies)
- ☐ Snacks (popcorn/bars/crackers)