



2023 Shopping List

Food Items	
<i>Pop tops preferred!</i>	
Canned Pasta Meals	Bagged Flour (5 pounds or less)
Canned Meat: Tuna, Salmon, Chicken	Bagged Sugar (5 pounds or less)
Vienna Sausage	Cooking Oil
Broth: Vegetable, Chicken, Beef, Mushroom	Canned Vegetables
Cream of Mushroom/Chicken Soup	Canned Spaghetti Sauce
Canned Stew	Rice (1-pound bags preferred)
Canned Chili	Boxed Pasta
Hearty Soup/Stew (not condensed)	Crackers
Mixes/Sides (Hamburger Helper, Red Beans/Rice...)	Ramen
Milk: Powdered, Shelf Stable, Sweetened Condensed	Granola or Cereal Bars
Oatmeal or Grits (Individual Packets or larger)	Crackers w/Peanut Butter
Peanut Butter	Boxed Mac & Cheese
Canned Fruit	Crackers w/Cheese
Pinto or Black Beans (dry or canned)	Jelly
Condiments (ketch., mayo, must., hot sauce, etc.)	Tea/Coffee/Juice
Spices (all kinds, esp. Salt and Pepper)	Bread/Tortillas
Can openers	Paper Towels
Personal Care Items (unused)	
Toothbrush	Toothpaste (regular or travel size)
Soap or Body Wash (regular or travel size)	Lotion (regular or travel size)
Shampoo (regular or travel size)	Toilet Tissue
Shaving Cream	Safety Razors
Feminine Care Products (open package ok)	Baby Diapers (open package ok)
Adult Incontinence Products (open package ok)	Wipes
Men's Winter Hats, Gloves, Scarves	