# Shopping List

The five food groups are represented on this list to help students build a healthier meal. Other items and personal care items are also requested by students.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGETABLES</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple sauce</td>
<td>See white board for fresh produce.</td>
<td>DRINKS</td>
</tr>
<tr>
<td>Cranberry sauce</td>
<td>Collard greens</td>
<td>Instant coffee</td>
</tr>
<tr>
<td>Fruit cocktail</td>
<td>Corn</td>
<td>Tea</td>
</tr>
<tr>
<td>Mandarins</td>
<td>Cream corn</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>Green beans</td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>Beets</td>
<td></td>
</tr>
<tr>
<td>Pineapple</td>
<td>Carrots</td>
<td></td>
</tr>
<tr>
<td>Fruit juice</td>
<td>Mixed vegetables</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Potatoes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pumpkin filling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Spaghetti sauce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tomatoes: sauce, diced, or peeled</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mushrooms</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soups</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>DAIRY</th>
<th>PROTEIN FOODS</th>
<th>TEMPORARY ITEMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Butter</td>
<td>Beef stew</td>
<td></td>
</tr>
<tr>
<td>Cheese</td>
<td>Chicken stew</td>
<td>Men or Women</td>
</tr>
<tr>
<td></td>
<td>Eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Peanut Butter</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Nuts</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tuna</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sardines</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beans: (canned or dry)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>pinto, white, or black</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chili beans (canned)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Kidney beans</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lentils</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Split peas</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetarian beans (canned)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PROTEIN FOODS</th>
<th>GRAINS</th>
<th>PERSONAL CARE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef stew</td>
<td>Bread</td>
<td>Combs</td>
</tr>
<tr>
<td>Chicken stew</td>
<td>Cereal</td>
<td>Cotton</td>
</tr>
<tr>
<td>Eggs</td>
<td>Crackers</td>
<td>Deodorant</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Granola bars</td>
<td>Men or Women</td>
</tr>
<tr>
<td>Nuts</td>
<td>Mac and cheese</td>
<td>Diapers</td>
</tr>
<tr>
<td>Chicken</td>
<td>Oatmeal</td>
<td>Feminine</td>
</tr>
<tr>
<td>Tuna</td>
<td>Pasta: Plain or flavored</td>
<td>pads or tampons</td>
</tr>
<tr>
<td>Sardines</td>
<td></td>
<td>Lotion</td>
</tr>
<tr>
<td>Beans: (canned or dry)</td>
<td></td>
<td>Q-tips / swabs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>OTHER</th>
<th>PROTEIN FOODS</th>
<th>PET FOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td>DRINKS</td>
<td></td>
<td>Dog food</td>
</tr>
<tr>
<td>Instant coffee</td>
<td></td>
<td>Cat food</td>
</tr>
<tr>
<td>Tea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>COOKING / BAKING</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Baking mix</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cinnamon</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Corn bread mix</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Evaporated milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pancake mix</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sugar</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CONDIMENTS</th>
<th>HOUSEHOLD ITEMS</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Ketchup</td>
<td></td>
<td>Sponge</td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
<td>Fabric softener sheets</td>
</tr>
<tr>
<td>Relish</td>
<td></td>
<td>Detergent</td>
</tr>
<tr>
<td>Soy sauce</td>
<td></td>
<td>Dish soap</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PET FOOD</th>
<th>PERSONAL CARE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dog food</td>
<td></td>
<td>Razors</td>
</tr>
<tr>
<td>Cat food</td>
<td></td>
<td>Soap</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Toilet paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conditioner</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Shampoo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Toothpaste</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Toothbrush</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dental floss</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mouthwash</td>
</tr>
</tbody>
</table>