

## 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.

### FRUITS

- Apple sauce
- Cranberry sauce
- Fruit cocktail
- Mandarins
- Peaches
- Pears
- Pineapple
- Fruit juice

### DAIRY

- Butter
- Cheese
- Instant milk
- Parmesan
- Pudding
- Yogurt

### PROTEIN FOODS

- Beef stew
- Chicken stew
- Eggs
- Peanut Butter
- Nuts
- Chicken
- Tuna
- Sardines
- Beans: (canned or dry)  
*pinto, white, or black*
- Chili beans (canned)
- Kidney beans
- Lentils
- Split peas
- Vegetarian beans (canned)

### TEMPORARY ITEMS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETABLES

*See white board for fresh produce.*

- Collard greens
- Corn
- Cream corn
- Green beans
- Beets
- Carrots
- Mixed vegetables
- Potatoes
- Pumpkin filling
- Spaghetti sauce
- Tomatoes:  
*sauce, diced, or peeled*
- Mushrooms
- Peas
- Soups

### GRAINS

- Bread
- Cereal
- Crackers
- Granola bars
- Mac and cheese
- Oatmeal
- Pasta:  
*Plain or flavored*
- Popcorn
- Rice  
*Plain or flavored*

### PERSONAL CARE

- Combs
- Cotton
- Deodorant  
*Men or Women*
- Diapers
- Feminine  
*pads or tampons*
- Lotion
- Q-tips / swabs

### OTHER

#### DRINKS

- Instant coffee
- Tea

#### COOKING / BAKING

- Baking mix
- Cinnamon
- Corn bread mix
- Evaporated milk
- Oil
- Pancake mix
- Salt
- Sugar

#### CONDIMENTS

- Ketchup
- Mustard
- Relish
- Soy sauce

#### HOUSEHOLD ITEMS

- Sponge
- Fabric softener sheets
- Detergent
- Dish soap

#### PET FOOD

- Dog food
- Cat food

- Razors
- Soap
- Toilet paper
- Conditioner
- Shampoo
- Toothpaste
- Toothbrush
- Dental floss
- Mouthwash