

Shopping List for One Food Bag

<u>Qty</u>	<u>Food Item</u>	<u>Package Size</u>
2**	Applesauce	47 oz
4**	Canned Green Beans	14.5 oz
3**	Canned Spaghetti Sauce	24 oz
3	Packages Spaghetti Noodles	16 oz
2	Macaroni and Cheese	5.5 oz
2	Box Pasta-Roni	4.8 oz
2*	Bag Long Grain Rice	32 oz
2**	Canned Chili	15 oz
2**	Canned Soup	18.5 oz
2**	Canned Black Beans	15 oz
5**	Canned Tuna Fish	5 oz
1	Package Pancake & Waffle Mix	32 oz
1**	Pancake Syrup	42 oz
1	Bag non-sugary Breakfast Cereal	35 oz
1**	Jar Jelly	40 oz
2**	Jar of Peanut Butter	40 oz
2	Snack Foods (Cookies, Crackers, Fruit Snacks, etc.)	

* As rice is hard to come by right now, 2 loaves of bread can act as a replacement.

** These items will be placed in the blue Salem Heights tote. All other items will be placed in a paper bag. Please ask for paper bags when you shop so that we have them on hand.