



## Shopping List: Food for Families Backpack Program and St. Vincent de Paul

- Individual Serving Sizes
  - Applesauce\*
  - Instant oatmeal packets\*
  - Cereal\*
  - Breakfast bars\*
  - Fruit cups\*
  - Shelf stable milk
- Canned Goods
  - Meats: beef pork (fish, chicken, & turkey)\*
  - Soups, especially chicken noodle soup\*
  - Stews, chili
  - Pasta meals
  - Pork and beans
  - Spaghetti sauce
  - Tomato sauce\* , diced tomatoes\*
  - Fruit\*\*\*
  - Applesauce\*
    - Beans (refried pinto, black, etc.)\*
    - Vegetables, (corn & green beans)\*
- Squeezable mayonnaise
- Boxed macaroni and cheese\*
- Instant noodle packages, such as Top Ramen
- 1 lb. bags of
  - Rice\*
  - Dried beans (all kinds)\*
  - Spaghetti or other pasta\*
- Peanut butter
- Jelly
- Nuts, raisins, or other dried fruits
- Tortillas\*
- Healthy Snacks\*
  - crackers
  - cookies
  - granola bars
  - desserts
  - dried fruit snacks
- Juice boxes
- Shelf stable milk
- Boxes/packages of 100% juice
- Flour
- Pancake or baking mix
- Vegetable oil

\* Denotes items most in need for the backpack program.

**“NO GLASS”** allowed for the backpack program.

Please, no food past the **expiration date**, food will be discarded.

***Purchase what you wish to contribute, but there is no need to buy everything on the list.  
Thank You for your donation to those in need in our community.***