

"Bread available to everyone,  
every week." "Fresh vegetables  
available, seasonally."

1 Flour or Sugar or Oil

1 jar of peanut butter or spaghetti  
sauce

1 jar of jelly or box of dry pasta

2 cans of veggies

1 box of instant grits or oatmeal

1 box of mac 'n cheese

1 can of tuna ,chicken or salmon

\_\_\_\_\_or\_\_\_\_\_

2 cans of noodles(ex. Spaghetios)  
or 1 box of hamburger helper

1 can of fruit

1 box of instant potatoes or rice

2 cans of soup

1 box saltine crackers

1 box of coffee, tea or cocoa

Paper towels or toilet paper

