

CUP SHOPPING LIST

ITEMS MOST NEEDED

Basics

- Voucher for eggs and milk
- Cereal
- Pancake mix
- Pancake syrup
- Sugar
- Flour
- Peanut Butter
- Pasta
- Spaghetti/tomato sauce
- Macaroni and cheese
- Instant potatoes
- Jell-O
- Pudding

Soups

- Creamed
- Tomato
- Vegetable
- Chicken Noodle/Rice

Canned/Dried Fruit

(Please choose no more than 4)

- Peaches
- Pears
- Pineapple
- Applesauce
- Mixed fruit

Health and Beauty Aids

- Dish soap
- Hand soap
- Shampoo
- Toothpaste
- Toilet paper

Canned Vegetables

(Please choose no more than 5)

- Tomatoes
- Kidney beans
- Green beans
- Peas
- Carrots
- Corn
- Baked beans
- Beets
- Lima beans
- Potatoes
- Spinach

Canned Meals

- Beef Stew
- Tuna
- Chili/Sloppy Joe mix
- Hamburger Helper

When Available

- Stuffing
- Muffin mix
- Crackers
- Pie filling
- Cake mix
- Oatmeal

