

Shopping List

Grains

Graham Crackers
Melba Toast
Other Assorted Crackers
Hot Cereal
Dry Cereal
Packaged Dry Pretzels
Any Flavor Ramen Noodles (2 pkgs.)
Tortillas (or Tortilla Chips)

Vegetables

Canned Tomato Soup
Canned Tomato Juice
Canned Green Beans
Canned Corn
Canner Diced Tomatoes with Chilies or Salsa
Canned Sweet Potatoes
Canned Pork and Beans
Canned Carrots
Canned Peas
Other Assorted Canned Vegetables

Fruits

Assorted Canned Fruit Juice
Canned Peaches (5 cans)
Canned Applesauce (3 cans)
Canned Mandarin Oranges (2 cans)
Canned Fruit Cocktail (3 cans)
Canned Apricots
Canned Pineapple (2 cans)
Canned Apples
Canned Pears
Raisins
Other Assorted Canned Fruits

Milk

Canned Milk (12 or more small cans)
Non-fat Dry Milk
Canned Pudding

Hot Chocolate Mix (made with non-fat dry milk)

Processed cheese; Pasteurized Process Cheese and Pasteurized Process Cheese Spread for variety*

Meat, Beans & Nuts

Canned Chili (2 cans)
Peanut Butter
Canned Black Beans
Vienne Sausage
Canned tuna and/or Chicken
Peanuts or Assorted Nuts for Trail Mix
Spam/Canned Ham
Canned Ravioli
Vienne Sausage
Canned Beef Stew
Canned Sardines

Other items

Oil
Salad Vinegar
Catsup
Mustard
Pickle Relish/Pickles/Pickled Olives
Assorted Cookies
Candies for Trail Mix (such as M&M's or Reese's Pieces)
Coffee / Tea
Sugar
Water (7 gallons)

* All pasteurized process cheese products should be kept refrigerated after opening. Purchase in small sizes.

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