



## Donation Shopping List

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**A handy checklist you can take to the grocery store!**

- Canned beans
- Dry beans
- Peanut butter or other nut butters
- Rolled oats
- Canned fruit in juice, not in light or heavy syrup
- Canned vegetables with no or low-sodium
- Low-sodium soups
- Canned tuna in water
- Canned chicken
- Brown rice
- Quinoa
- Nuts, unsalted
- Seeds, unsalted
- Shelf-stable milk and milk substitutes
- Whole grain pasta
- Low-sodium pasta sauce
- Popcorn kernels (not microwave popcorn)
- Canned stews
- Unsweetened apple sauce
- Whole-grain, low sugar cold cereals
- Olive or canola oil
- Canned tomatoes
- Dried fruits, no sugar added
- Honey
- Chicken, beef and vegetable broth/stock