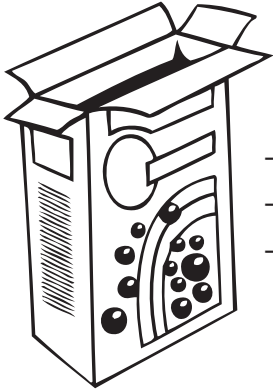


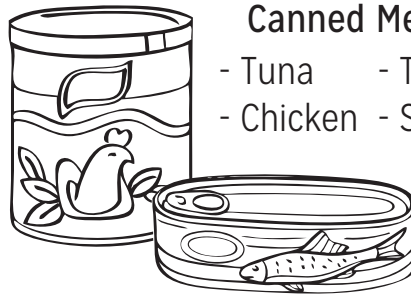
OUR DAILY BREAD FOOD PANTRY AT CATHOLIC CHARITIES

# GROCERY LIST

## NON-PERISHABLE FOODS

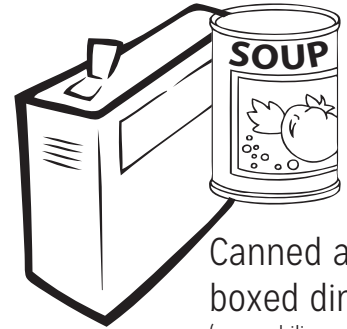


- Pasta
- Rice
- Cereal



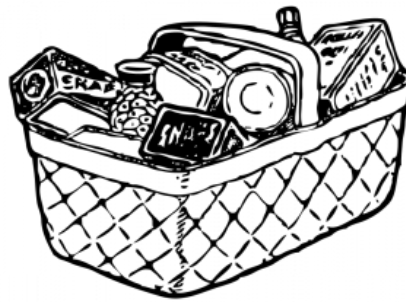
### Canned Meats

- Tuna
- Turkey
- Chicken
- Spam



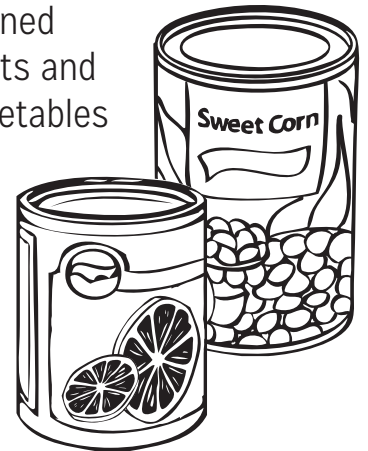
Canned and boxed dinners (soup, chili, mac and cheese)

- Canned or dried beans (black, pinto, lentils)
- Sauce



Breakfast Items (oatmeal, breakfast bars, granola, cereal)

Canned Fruits and Vegetables



### Unable to Use:

- Rusty cans
- Homemade goods
- Perishable items
- Open items
- Expired food

### Suggested Healthy Items:

- Brown or wild rice
- Whole grain/bran cereals
- Reduced fat crackers
- Trans fat free tortillas
- Powdered milk
- Trans fat free tortillas
- Powdered milk
- Canned fruit in light syrup
- Low sodium vegetables
- Canned white or sweet potatoes
- Powdered or flaked potatoes
- Low sodium soups
- Cream of Chicken/Mushroom



Thank you for helping feed families in your community!