

*Feeding*  
**OUR**  
**Families**

# Shopping List

## *Non-perishable Wishlist*

Canned Proteins, Soups and Vegetables

Dried Beans, Fruit and Herbs

Ground Coffee, Peanut Butter

Grains: Oats and Oatmeal, Rice and Rice Flour, Quinoa and Masa

Oils: Olive, Vegetable or Canola

Milk: Shelf-Stable, Dried or Canned (i.e. Coconut, Condensed or Evaporated)

Spices: Adobo, Cumin, Curry, Garlic, Bouillon Cubes, Pepper and Salt

Condiments: Ketchup, Hot Sauce, Mayonnaise, Mustard, Tomato and Guava Paste, Salad Dressings

Baby Products: Diapers, Formula, Food & Hygiene Products

Hygiene: Menstrual Products, Deodorant, Soap, Shampoo, Shaving Cream and Toothpaste

Household: Aluminum Foil, Cleaners, Garbage Bags, Napkins and Paper Towels

**No perishable dairy, no glass and no produce please!**

PRESENTED BY

