



# SUMMER STOCK UP

## SHOPPING LIST

Help us to stock the shelves of local food pantries by donating some of their most needed and most requested items. Consider healthier options when shopping by choosing low-sodium, low-sugar, and whole grain. **Items should be unopened and unexpired.**

### CANNED GOODS

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Vegetables  
Fruits  
Beans  
Soup

### DRY GOODS

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Rice  
Beans  
Gluten-free foods  
Cereal  
Oatmeal  
Pasta  
Boxed Dinners  
Snacks

### OTHER

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Cooking Oil  
Condiments  
Spices  
Baby formula  
Peanut Butter