

Grand Valley Catholic Outreach

(blue) Shopping List

Peanut Butter

Tuna, canned or pkg.

Canned meals-Chile, Stew, Ravioli

Spaghetti Sauce/Spaghetti

Rice

Instant Mashed Potatoes

Cold Cereals/Hot Cereals

Milk-powdered, canned, or shelf stable carton

Protein Bars/Granola Bars

Canned Chicken/Spam/Vienna Sausages

Canned Vegetables

Canned Fruit/Fruit snack cups

Mac and Cheese/"Helpers"

Ramen Noodles

Microwave meals