

Help us stock the shelves of local food pantries by donating some of their most needed and requested items.

# SUMMER STOCKUP

## SHOPPING LIST

Consider healthier options when shopping by choosing low sodium, low sugar, and whole grain. **Items should be unopened and unexpired.**

### Canned Goods

- Vegetables
- Fruits
- Beans
- Soup
- Chicken
- Tuna
- Ready to eat meals

### Dry Goods

- Rice
- Beans
- Cereal
- Oatmeal
- Pasta
- Boxed dinners
- Gluten-free foods/ healthy alternatives
- Snacks

### Other

- Cooking oils
- Condiments
- Spices
- Baby formula
- Peanut butter
- Jelly
- Pasta sauce
- Fruit juice



Scan to download the shopping list or visit [summerstockup.org](http://summerstockup.org)

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