



Foodbank

of Southeastern Virginia
and the Eastern Shore

SHOPPING LIST

Lean Canned Protein

peanut butter, tuna, chicken, turkey, beans

Fruits and Vegetables

canned fruits and vegetables, pasta sauce,
100% fruit juice, fruit preserves, dried fruit

Whole Grains

cereal, pasta, oatmeal, rice, crackers

Meals

soups, stews, boxed meals, canned pasta

Baby Products

formula, baby food, diapers, wipes

Low Fat - Low Sodium - Low Sugar Products Preferred

Please remember:

- *Non-perishable food*
 - *Non-breakable containers*
 - *Nutritional labels intact*
-
- *Check dates (items can be up to 6 months past printed date)*