



## Shopping List

Cereal (whole grain, low sugar)  
Chicken (cans)  
Smoked Ham (cans)  
Dill Pickle Relish  
Mayonnaise  
Fruit (cans)  
Vegetables (cans)  
Refried beans  
Muffin mix (blueberry, apple, banana)  
Cornbread mix  
Pancake mix  
Maple syrup  
Saltine crackers  
Soup (meal soups: chicken noodle, chicken rice, beef stew, etc)  
Soup (cooking soups: cream of chicken, cream of mushroom, etc)  
Dry rice (bag)  
Dry pinto beans (bag)  
Rice mix (e.g. Rice-a-Roni)  
Peanut butter  
Jelly  
Tuna  
Applesauce  
Macaroni & cheese  
Hamburger Helper  
Pasta (spaghetti, penne, rotini, etc)  
Pasta sauce  
Pudding mix  
Jello mix  
Brownie mix  
Paper products (Bathroom Tissue, Kleenex, Napkins, Paper Towels)

## FOOD DRIVE

SUN 01.22

Drop it off at the Heartland entrances

before Sunday Services

***Grocery gift cards are also  
needed to purchase items with  
a short shelf life (e.g. tortillas)***

***Please check expiration dates!!!!!!***