

Food Bank Shopping List of Shelf-stable Foods (Please check expiration dates)	
Family size	Individual size
Canned Meat (chicken, turkey, tuna, salmon, corned beef, stew, Spam, Vienna sausage)	
6-12 oz <input type="checkbox"/>	3-5 oz pull-top <input type="checkbox"/>
Boxed & canned meals (macaroni & cheese, spaghetti, ravioli, chili)	
14-20 oz <input type="checkbox"/>	Individual packets or pull top cans (4-8 oz) <input type="checkbox"/>
Canned or dried beans (black, cannelloni, kidney, lentils, pinto)	
14-15 oz <input type="checkbox"/>	4-8 oz pull-top <input type="checkbox"/>
Peanut Butter	
15-28 oz <input type="checkbox"/>	2-4 oz <input type="checkbox"/>
Jelly	
15 oz <input type="checkbox"/>	1-4 oz <input type="checkbox"/>
Cup of soup or noodles	
8 oz <input type="checkbox"/>	8 oz <input type="checkbox"/>
Canned soup	
14-15 oz <input type="checkbox"/>	
Spaghetti sauce	
28 oz <input type="checkbox"/>	
Pasta (spaghetti, penne, wide noodles, rigatoni etc)	
1-3 lb <input type="checkbox"/>	
Rice	
1-3 lb <input type="checkbox"/>	
Canned vegetables (corn, green beans, carrots, peas, mixed, tomatoes)	
14-15 oz <input type="checkbox"/>	4-8 oz pull-top <input type="checkbox"/>
Canned Fruit (apricots, mixed fruit, peaches, pears, pineapple, oranges, applesauce)	
14-15 oz <input type="checkbox"/>	2-4 oz pull-top <input type="checkbox"/>
Canned Fruit Juice (no grapefruit)	
32-64 oz <input type="checkbox"/>	8-12 oz pop top <input type="checkbox"/>
Boxed Breakfast Cereal	
32-56 oz <input type="checkbox"/>	1-2 oz cup/box <input type="checkbox"/>
Crackers	
12-20 oz <input type="checkbox"/>	2-4 oz <input type="checkbox"/>
Granola Bars & Snack Packs (crackers & peanut butter, crackers & cheese etc)	
<input type="checkbox"/>	1-4 oz <input type="checkbox"/>
Boxed & canned milk (not evaporated or condensed)	
12 oz <input type="checkbox"/>	
Bottled Water	
	8-12 oz <input type="checkbox"/>