



Christmas Food Baskets

Shopping List

Collection: November 1 - November 30

Delivery: December 17

- ✓ **boxed cereals such as corn flakes & Cheerios**
(no high sugar cereals, please)
- ✓ **oatmeal**
- ✓ **canned/prepackaged tuna or chicken** in water
- ✓ **canned kidney beans, black beans, chickpeas** - 16 oz. each
- ✓ **low sodium canned soup** - 14 oz.
- ✓ **peanut butter** - max. 28 oz.
- ✓ **jam/jelly** - max. 18 oz.
- ✓ **mustard, mayo, ketchup**
max. 14 oz.
- ✓ **tea bags**
- ✓ **coffee**
- ✓ **cocoa**
- ✓ **spaghetti sauce** - max. 28.oz.
- ✓ **dried fruit**
- ✓ **nuts**
- ✓ **raisins**