



# 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)*