



# Shopping List

## Tips for shopping:

- Small sizes only - think limited storage vs. 'value' size for all your donated products.
- Great prices and sizes can often be found at Dollar stores!
- Ensure expiry dates are as far away as possible
- The Community Food Cupboard at Forest Brook is considered an *Emergency Food Cupboard*, operating on the guidelines of 2-3 days worth of food, once per month as need arises.

- ☐ *Ketchup*
- ☐ *Uncle Ben's rice*
- ☐ *Knorr Sidekicks*
- ☐ *Instant Coffee, Tea*
- ☐ *Juices: apple, mango, orange, fruit punch*
- ☐ *Baked Beans*
- ☐ *Original molasses*
- ☐ *Broth: chicken, beef or veggie*
- ☐ *Chunky or Habitant Soups: chicken, beef or veggie*
- ☐ *Cookies: chocolate chip, oreos, Celebration*
- ☐ *Granola Bars*
- ☐ *Cereal: Rice Krispies*
- ☐ *Chef Boyardee*
- ☐ *Canned veggies/fruit*
- ☐ *Canned tomatoes*
- ☐ *Salmon*
- ☐ *Corned Beef*
- ☐ *Canned chicken or turkey*
- ☐ *Hot Chocolate*