

# Fill a Grocery Bag for a Hungry Family



**A donated bag of groceries can go a long way at your local food shelf. By mixing and matching the items you choose, you can help a family eat balanced and nutritious meals. The next time you are at the store, fill a bag for your local food shelf.**

**Breakfast:**

Canned Fruit Juice — Hot and Dry Cereal — Dry Powdered or Canned Milk

**Lunches/Dinners:**

Hearty Soup or Stew — Tuna — Canned Beef or Chicken — Peanut Butter  
Canned Fruits or Vegetables — Canned or Boxed Main Dishes — Rice  
Pasta and Pasta Sauce — Baked Beans — Canned Chili — Potato Buds

**Food Staples:**

Crackers — Sugar, Flour — Coffee, Tea, Hot Cocoa — Pancake or Biscuit Mix

**Toiletries and Basics:**

Toilet Paper — Kleenex — Bath Soap — Shampoo, Conditioner — Lotion  
Feminine Sanitary Supplies — Laundry or Dish Detergent — Bleach  
Tooth Brushes — Tooth Paste — Deoderant

**Baby Items:**

Diapers — Baby Shampoo — Infant Formula/Powdered Milk — Baby Oil  
Bath Powder — Wipe Towels — Baby Food

**Special Treats:**

Cake, Cookie, Muffin Mix — Granola Bars — Pudding or Jello Mix  
Graham Crackers — Packaged Cookies

**Special Needs:**

Seniors, diabetics, and ethnically diverse families require special items.  
Please call your local food shelf for specific donation requests.



A program of the  
greater minneapolis council of churches

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