



SAMPLE Good Works Food Shelf Shopping List

Groceries

Choose TWELVE ----- Circle 12 Items

Staple Items

Lasagna Skillet Dinner
 Tuna Skillet Dinner
 Au Gratin
 Spaghetti Sauce
 Tomato Sauce
 Canned Red Salmon
 Grape Jelly
 Peanut Butter
 Sloppy Joe Sauce
 Pork and Beans
 Macaroni in Meat Sauce
 Refried Beans
 Chili with Beans
 Macaroni & Cheese
 Beef Stew
 Barbeque Sauce
 Kidney Beans
 Walnuts
 Tuna

Snacks

Raisins
 Strawberry Pastry Crisps
 Blueberry Pastry Crisps
 Girls Scout Cookies – Shortbread
 Special K Protein Bar

Canned Vegetables

Vegetarian Beans
 Sweet Green Peas
 Sliced Carrots
 Green Beans
 Whole Kernel Corn
 Canned Spinach

Breakfast

Pancake Syrup
 Pancake Mix
 Fruit Loops
 Corn Flakes
 Sugar Glazed Cereal
 Rice Krispies
 Vanilla Almond Cereal
 Chex Cereal

Meats - Choose 1

Available

Meats/Chicken/Fish are listed here

Frozen Foods- Choose 1

Other Frozen foods, such as waffles, hot dogs, and bacon are listed here.

Household Products

Body Wash
 Toothbrush
 Toothpaste
 Bathroom Tissue
 Kleenex Facial Tissues

Fruit

Apple Sauce
 Mixed Fruits - Canned

Dry Goods

Rotini Noodles (Wheat)
 Spaghetti
 White Rice
 Brown Rice
 Northern Beans
 Pinto Beans
 Lentils

Beverages

Concentrated Cranberry Juice
 1% Milk- Shelf Staple

Soup

Tomato
 Cream of Mushroom Soup
 Chicken Noodle Soup
 Vegetarian Vegetable

Pet Food

Cat Food
 Dog Food

Bonus Items (No Limit)

Sugar Glazed Cereal Green Beans Concentrated Cranberry Juice Walnut
 Tomato Soup Dried Cranberries Vegetarian Vegetable Soup

Name _____

Date: Any Date

Number in Family _____ Children _____ Adults _____ Seniors _____

Packed By _____

I have received my Food