



Bag of Basics Shopping List

Below is a suggested shopping list. We ask that you follow the list as closely as possible, but recognize that substitutions may need to be made based on availability.

Grains and Legumes

- (1) loaf of sliced sandwich wheat bread
- (1) box of Honey Nut Cheerios family size
- (2) 16oz packages of spaghetti/ pasta
- (1) 24oz jar of red pasta sauce
- (2) boxes of macaroni and cheese
- (1) 2-3lb bag of rice
- (2) cans of black beans

Juice

- (1) 64oz bottle of apple juice