



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.

Fruit and Vegetables

- 7 Bananas
- (1) 3lb bag of apples
- (1) 1-3lb bag of baby carrots
- (1) 3lb bag of potatoes
- (2) salad kit bags

Meats

- (1) 2lb package of chicken thigh
- (1) 8-10 oz package of turkey lunch meat
- (2-3) lbs of ground beef (Frozen)
- (1) package of hot dogs

Dairy and eggs

- (1) gallon of milk (whole or 2%)
- (1) package of butter (4 sticks)
- (1) dozen eggs