



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

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