

Shopping List for a Family of Four for a Week

From the shelves

- 1 can baked beans
- 1 can kidney beans
- 2 cans other beans
- 3 cans tuna
- 1 can fish or fish soup
- 1 package of pancake, muffin or cornbread mix
- 1 container of corn or canola oil
- 2 lbs flour (meseca when requested)
- 2 lbs sugar
- 1 bottle syrup
- 1 box of jello or pudding
- 8 cans of soup
- 1 package of crackers
- 2 packages of macaroni and cheese
- 1 package of dried beans
- 1 package of rice
- 2 cans of pasta type meals
- 1 can/jar of spaghetti sauce
- 1 box of pasta
- 1 jar peanut butter
- 1 jar of jelly or jam
- 8 cans of vegetables (green beans, peas, corn, potatoes)
- 1 pie filling or cake mix
- 2 cans of fruit

From refrigerator section

- 1 dozen eggs
- 1 package of butter
- 1 package cheese
- 1 bag of potatoes
- 1 bag of onions
- 1 bag of carrots
- 2 loaves of bread
- 1 package hamburger
- 1 package of chicken
- 1 package of hotdogs
- 1 gallon of milk

From the Freezer Section

- 1 can of frozen juice