



When buying food for your mission family, think about the items your family likes.

**Still unsure?**

Use this basic guide as a resource while you shop.



Anything you provide will be greatly appreciated.



## Shopping List Suggestions

PANTRY ITEMS:

**Welcome for additional meals/nourishment**

PEANUT BUTTER AND JELLY  
MAYO  
MUSTARD  
BUTTER  
APPLE SAUCE  
SOUP - CANNED / SOUP MIX  
TUNA OR SIMILIAR  
PASTA AND PASTA SAUCE  
FRUIT CUPS OR APPLESAUCE  
PANCAKE MIX AND SYRUP  
CEREALS  
BREAKFAST BARS, OATMEAL,  
CREAM OF WHEAT

HOUSEHOLD ITEMS

TOILET PAPER  
KLEENEX  
PAPER TOWELS  
HAND SOAP  
HAND LOTION  
DISH SOAP  
GIFT CARDS

VEGETABLES/FRUITS

MINI CUCUMBERS  
POTATOES  
GREEN BEANS  
CARROTS  
APPLES, ORANGES, BANANAS

SIDE DISH SUGGESTIONS

BOX STUFFING MIX  
INSTANT SIDE DISHES  
NOODLE OR RICE MIXES  
*(1-2 boxes/packets  
depending on size of family)*  
FRESH POTATOES  
BREAD/DINNER ROLLS  
CANNED VEGETABLES  
MAC & CHEESE  
MASHED POTATO MIX

DESSERT

CAKE/COOKIES/BROWNIES  
GRAHAM CRACKERS  
FRESH FRUIT

APPETIZERS

CHEX MIX  
TRAIL MIX  
SALAMI OR OTHER MEAT  
CHEESE & CRACKERS

MEAT OR PROTEINS

HAM  
*SPIRAL TYPE (7LBS)  
FULLY COOKED PRE-SLICED  
(24 OZ GOOD FOR SENIORS)*

