



Boxes of Love Suggested Shopping List

PROTEINS & STAPLES

- Canned Chicken / Tuna / Salmon (2)
- Peanut Butter or Almond Butter (1 jar)
- Oatmeal (1 box or box of packets)
- Pasta (1 box)
- Pasta Sauce (1 jar)
- Rice (1-2 lb bag or instant packets)
- Boxed macaroni & Cheese (1 box)
- Instant mashed potatoes (1 box)

CANNED GOODS

- Vegetables (2 cans)
- Soup or stew (2 cans)
- Beans (2 cans or bags)
- Canned fruit (1 can, packed in juice)

BREAKFAST & SNACKS

- Cereal (1 box)
- Granola or fruit bars (1 box)
- Crackers or saltines (1 box)
- Applesauce cups (1 pack)
- Fruit cups (1 pack)

DRINKS & EXTRAS

- Shelf-stable milk (1 carton or powdered)
- Tea (optional)
- Coffee (optional)

Please pack items neatly in a sturdy box and include a handwritten note of encouragement. Bring your completed box to the church on November 30th at 12pm for distribution.