



**B-SAFE 2020 - Partner Resource
Shopping List for B-LOVE Grocery Bags**

HERE IS THE LIST OF FOODS FOR EACH FAMILY (One bag, if you can fit it all in one!)

Proteins:

1 can chicken (12.5oz) or 2 cans of tuna (5oz each) or 1 bag of beans
and
1 peanut butter (28oz-40oz)

Fruit:

2 cans of fruit (15oz each) [pineapple, fruit cocktail, pears, peaches or
mandarin oranges] or equivalent in individual serving cups
and/or
1 jar of apple sauce (48oz or equivalent in individual cups)

Carbohydrates:

1 pound pasta [any type]
1 bag of rice
1 box of macaroni and cheese (6oz each)
1 box of cereal (20oz) or cereal bars
1 box of crackers (10-15oz)

Other:

1 can or bottle of marinara sauce (24-48oz)
2 cans soup (10-15oz each)