

Children's Hunger Fund Food Pak Grocery Checklist

2 canned meat products (6-12 oz)
1 bag or box of rice (16 oz)
1 bag of pinto beans (16 oz)
1 bag or box of pasta (16 oz)
2 small cans of tomato paste or sauce
2 canned green vegetables (14-16 oz)
2 canned fruits (14-16 oz)
1 bag of salted nuts (3-6 oz)
1 small box of crackers
1 box of granola or nutritional bars

Possible substitutes or additions:

Peanut butter, soup (12 oz can), trail mix, refried beans (16 oz can), cooking oil, or dried fruit.

NO

Please avoid glass containers and items placed in zip-lock bags. No soda, candy or junk food.