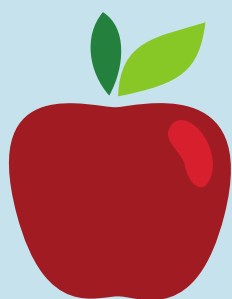
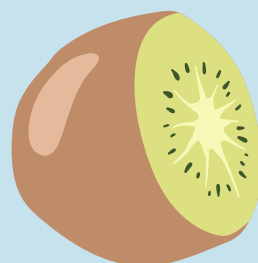
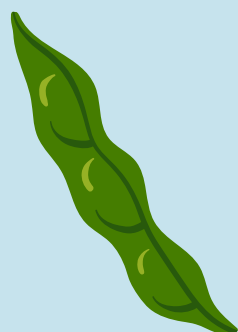
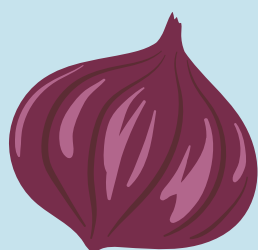
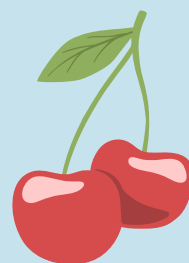


## Shopping List: Shelf-Safe, Frozen, and Take-Home-Hamper Products



These shopping lists are optional and provide suggestions for those in charge of providing meals in schools. Substitutions can be made based on what is in season and the food preferences of your community



## SHELF SAFE ITEMS: SAVE-ON





## SHELF SAFE ITEMS: WHOLESALE CLUB





## NON-PERISHABLE HAMPER ITEMS

- Whole grains:  
Oatmeal, barley,  
quinoa, brown rice
- Fish: Canned salmon,  
tuna, sardines
- Olive oil and cooking  
oils
- Canned tomatoes,  
Soup, tomato sauce
- Pasta made from  
whole wheat, spelt,  
other whole-grains
- Almond, rice, and soy  
beverages
- Canned chickpeas,  
black beans, lentils
- Sugar and salt-free  
peanut butter and  
other nut butters
- Dried fruit, raisins,  
nuts, and seeds
- Gluten free products





## PERISHABLE HAMPER ITEMS

- Chicken, lean ground beef, Turkey
- Yogurt, cheese, eggs
- Milk/Milk Alternative
- Bread, Bagels
- Fruits and Vegetables - Fresh and frozen





## CARBONATED BEVERAGES



## FROZEN ITEMS

