

Shopping List:

Canned Tomatoes
Canned Soups
Canned Vegetables
Canned Fish/Tuna
Broth
Parboil Rice
Pasta Noodles
Crackers
Cereal
Peanut Butter
Apple Sauce
Granola Bars

We Support 'Good Food' for all,
please choose items that are:

- Low in Sodium / No Salt Added
- Low Sugar / Unsweetened
- Packed in Water / Natural
- High In Fibre