

Kirk Care, Inc. P.O. Box 220652 Kirkwood, MO. 63122 (314) 965-0406/kirkcare.org

## KIRK CARE SHOPPING LIST

## NON-PERISHABLE UNEXPIRED FOODS

## PREFERRED ITEMS:

- MEATS (Chicken, Spam)
- o FISH (Tuna, Salmon)
- o STEW
- HEARTY SOUPS
- o CHILI
- BEANS (Protein Canned or Dried)
- TOMATO PRODUCTS
- o FRUITS (Canned or Dried)
- o PASTA
- PASTA SAUCES
- CANNED PASTA
- PEANUT BUTTER
- o JELLY/JAM
- GROUND COFFEE
- o RICE
- o BREAKFAST ITEMS
- LOW SUGAR CEREAL
- o OATMEAL
- COMPLETE MEALS & MEAL KITS
- o DINNER MIXES (Hamburger Helper, Tuna Helper...)
- o MACARONI & CHEESE
- DESSERT MIXES
- BAKING STAPLES
- PROTEIN/POWER BARS

## **OTHER ITEMS:**

- PAPER PRODUCTS (Napkins, Kleenex, Toilet Paper, Paper Towels)
- DIAPERS/PULL-UPS (All Sizes Including Adult Diapers)
- FEMININE HYGENE PRODUCTS
- BAR SOAP, SHAMPOO, CONDITIONER, LOTION
- CLEANING SUPPLIES