

Bag of Basics Shopping List

Below is a suggested shopping list for your family's Bag of Basics. We ask that you follow the list as closely as possible, but recognize that substitutions may need to be made based on availability.

Fruit and Vegetables

- 7 Bananas
- 1 3lb bag of Apples
- 2 12oz bags of fresh green beans
- 1 5lb bag of potatoes

Meats

- 1 8-10oz package of ham lunch meat
- 1 8-10 oz package of turkey lunch meat
- 2-3 lbs of ground beef (frozen if possible)
- 1 package of hot dogs

Dairy and eggs

- 1 gallon of milk (whole or 2%)
- 1 package of butter (4 sticks)
- 2 dozen eggs

Grains

- 2 loaves of sliced sandwich bread
- 2 box Honey Nut Cheerios family size
- 3 16oz packages of spaghetti/pasta
- 2 24oz jars of red pasta sauce
- 2 boxes macaroni and cheese
- 1 5lb bag of rice

Juice and Snacks

- 1 64oz bottle of apple juice
- 1 box fruit snacks
- 1 bag of variety pack chips, pretzels, or similar

