



**EVERY1COUNTS**

Shopping List

- Tuna (Cans or Pouches)
- Instant Oatmeal
- Boxed Cereal  
(Whole Grain, Low-Sugar)
- Canned Soup
- Canned Fruits
- Canned Vegetables
- Pasta
- Macaroni and Cheese
- Peanut Butter
- Milk  
(Shelf-stable or Powdered)
- 100% Fruit Juice  
(Boxes, Cans or Plastic Bottles)

*Please check expiration dates  
and no glass containers!*