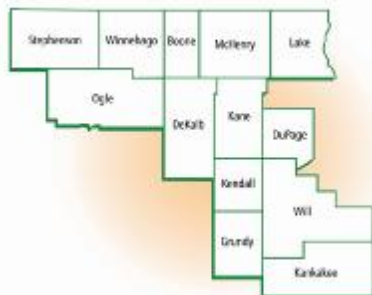


# GROCERY LIST

Please remember your hungry neighbors when you shop.



- .. canned or bagged beans (baked, kidney, lima)
- .. canned tuna, chicken, & other meats
- .. processed cheese
- .. soups and stews, broth, chowder, chili
- .. peanut butter
- .. canned fruits & vegetables (also apple sauce)
- .. cereal
- .. flour
- .. flour-based mixes (bread, brownie, cake, muffin, pancake, waffle)
- .. pasta
- .. boxed meals (mac & cheese, helpers, rice mixes)
- .. rice
- .. diapers & baby wipes
- .. personal care items (shampoo, conditioner, soap, toothpaste, shaving cream, razors)
- .. household products (toilet paper, paper towels, tissue, paper plates, utensils)
- .. coffee, tea bags, hot cocoa mix
- .. drink mixes
- .. juices (100% preferred)
- .. milks (condensed, evaporated, powdered)
- .. powdered creamer
- .. jams, jellies
- .. ketchup, mustard, relish
- .. barbeque sauce
- .. pickles
- .. syrup
- .. cooking oils



PLEASE NOTE:  
No glass containers.  
Thank you!



**Northern Illinois Food Bank**

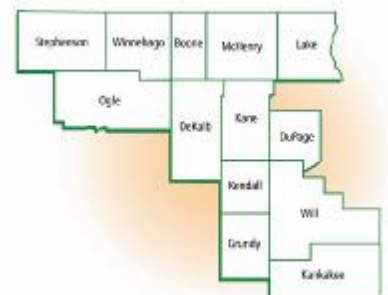
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