



# EXTENDED HANDS

## GROCERY LIST

### NON-PERISHABLE ITEMS

- CEREAL
- PASTA
- RICE
- CANNED VEGETABLES
- TOMATO
- PEANUT BUTTER
- JELLY
- CRACKERS
- COOKIES
- CAKES
- TUNA
- SPAM
- CANNED CHICKEN
- SOUP
- BROTH
- MEAL IN A CAN
- BEANS (BAGS OR CANS)
- CONDIMENTS
- FRUIT
- CANDY
- SPICES
- STUFFING
- MAC & CHEESE

### REFRIGERATED & FROZEN ITEMS

- EGGS
- FRUIT (APPLES, BANANAS, LEMONS, LIMES, BERRIES)
- VEGETABLES (LETTUCES, PEPPERS, ONIONS, TOMATOES, POTATOES)
- MILK (NON-DAIRY INCLUDED)
- HALF AND HALF
- JUICE
- YOGURT
- CHEESES
- SNACK PACKS
- PREPARED MEALS
- HUMMUS

### OTHER ITEMS

- DOG FOOD
- CAT FOOD
- CAT LITTER
- PERSONAL ITEMS
- DIAPERS
- WIPES
- WATER
- COFFEE
- TOILET PAPER
- PAPER TOWELS