

# Second Harvest Food Bank Shopping List

Pick items from each group to help Montessori Academy collect 1,000 pounds of food!

## Fruits and Vegetables



Pick 3



- Canned Fruit
- (in 100% juice)
- Fruit Cups
- Canned Vegetables (low sodium and/or no salt added)
- Spaghetti Sauce

## Grains



Pick 1

- Oatmeal
- Whole Grain Pasta
- Cereal (low sugar, high fiber)

## Dairy or Dairy Alternatives



Pick 1

- Non-fat Dry Milk
- Shelf-Stable Soy, Almond or Coconut Milk
- Individual Shelf-Stable Milk Boxes

## Protein



Pick 2

- Canned Tuna
- Canned Chicken
- Canned or Dried Beans (low sodium and/or no salt added)
- Peanut Butter

## Meals



Pick 1

- Beef Stew or ravioli
- Canned Soup (low sodium and/or no salt added)
- Canned Chili or Spaghetti Os

## Other



Pick 1

- 100% Fruit Juice
- Boost, Ensure or PediaSure

All donations will be collected in each classroom November 5<sup>th</sup> through November 16<sup>th</sup>  
Thank you for your contributions to Second Harvest Food Bank of Middle Tennessee.