



Meal A Month Suggested Menus

<p style="text-align: center;">January - May - September Shopping List</p> <p>Boxed Whole Grain Pasta (Penne, Spaghetti, etc.) Canned Tomato or Pasta Sauce Any Canned Vegetable Any Canned Fruit/Applesauce Powdered Milk or Soy Milk, (shelf stable) All Purpose Flour, Sugar</p>	<p style="text-align: center;">Optional Additional Items</p> <p>Cold Cereal or Oatmeal Sugar Free or Low Sugar Juices (plastic bottles) Peanut Butter, Jelly, Mac'n Cheese</p> <p>Toothpaste, toothbrushes, dental floss, soap, shampoo/conditioner, deodorant, razors</p>
<p style="text-align: center;">February - June - October Shopping List</p> <p>Canned Tuna or Salmon in water Tuna or Hamburger Helper Soups (tomato, cream of mushroom, vegetable, etc) Any Canned Vegetable Any Canned Fruit/Applesauce Powdered Milk or Soy Milk, (shelf stable)</p>	<p style="text-align: center;">Optional Additional Items</p> <p>Baby Food, baby cereals, (rice, barley, mixed) Baby juices, baby formula with Iron Baby diapers, diaper wipes,</p> <p>Adult diapers, Boost, Ensure (or similar product)</p>
<p style="text-align: center;">March - July - November Shopping List</p> <p>Canned Beef or Chicken Meals (hearty stews, chili, soups) Any Canned Vegetable Any Canned Fruit/Applesauce Gelatin (Jello), Pudding mix (any flavor) Powdered Milk or Soy Milk, (shelf stable) All Purpose Flour, Sugar</p>	<p style="text-align: center;">Optional Additional Items</p> <p>Cold Cereal or Oatmeal Sugar Free or Low Sugar Juices (plastic bottles) Peanut Butter, Jelly, Mac 'n Cheese</p> <p>Toothpaste, toothbrushes, dental floss, soap, shampoo/conditioner, deodorant, razors</p>
<p style="text-align: center;">April - August - December Shopping List</p> <p>Canned Ham, Turkey, or Chicken Rice, (white, brown, instant, regular, rice side dishes) Boxed Potatoes, (mashed, au gratin, scalloped, etc.) Any Canned Vegetable Any Canned Fruit/Applesauce Powdered Milk or Soy Milk, (shelf stable)</p>	<p style="text-align: center;">Optional Additional Items</p> <p>Baby Food, baby cereals, (rice, barley, mixed) Baby juices, baby formula with Iron Diapers, diaper wipes,</p> <p>Adult diapers, Boost, Ensure (or similar product)</p>

All Canned Vegetables, Tomato or Pasta Sauce should be Low Sodium or No Salt.

All Canned Fruits should be in light syrup or packed in their own juices.



FEED MY PEOPLE

MEAL-A-MONTH

feeding the hungry

1. Grab a Yellow Bag or Envelope from Church
 2. Fill with meal suggestions provided
 3. Return to Church for pickup
- \$12 feeds a family of 4/meal

