

Grocery Shopping List



Generic or store brands are generally less expensive.

Beef Stew

Black-eyed Peas

Breakfast cereals (hot and cold)

Canned Chicken

Carrots

Chili

Corn

Dry Beans

Fruit (canned)

Green Beans

Green Peas

Helper Meals

Instant Potatoes

Jelly (plastic jars)

Macaroni & Cheese

Mixed Vegetables

Peanut Butter (small to medium sized plastic jars)

Pork & Beans

Rice

Soups

Spaghetti/Pasta (dry)

Spaghetti Sauce (canned)

Tomato Sauce

Tuna Fish

Hand-operated can openers

Single-serve canned foods for transient families

***Contact Irving Cares Coordinator of Volunteers at 972-721-9181 x 209,
ktaylor@irvingcares.org for a list of our most critical needs.***

It's a hand up, not a handout.