

MATTHEWS HELP CENTER SHOPPING LIST

Jelly	Pudding cups	Cornmeal
Spaghetti	Boxed Jell-o	Saltine crackers
Powdered milk (large box)	Mayonnaise	Deodorant
Instant potatoes	Canned vegetables	Shampoo
Spaghetti sauce	Cereal bars	Bar soap
Macaroni and cheese mix	Dry cereal	Toothbrushes
Canned chicken & tuna	Dried beans	Toothpaste
Rice	Canned beans	Other personal hygiene items
Canned fruit & fruit juices	Peanut butter	Liquid dish soap & laundry detergent (smaller size pkgs)
Grits & oatmeal (ind. pk. boxes)	Chili (beef & beans)	Diapers - all sizes
Canned meals/meats	Soups	
	Ramen noodles	