

Create The Change! We need your help.

Pre-Approved Shopping List

Item	Product Example
Tuna To-Go	StarKist Lunch To Go
Compleats Meals	Hormel
Mac & Cheese	Chef Boyardee Mac & Cheese (7.5 oz. or 14.25 oz.)
Spaghettios/Ravioli	Chef Boyardee Beef Ravioli (7.5 oz. or 14.25 oz.)
Chicken & Beef Soups	Campbells To Go Chicken & Beef Noodle Soups
Fruit Cups/Applesauce	Dole Fruit in Juice & Motts Applesauce
Granola Bars/Fruit Bars	Quaker Chewy Bars (chocolate), NutriGrain Bars
Pop-Tarts	Kellogg's Pop-Tarts
Cereal (single serve)	Kellogg's, General Mills
Non-refrigerated Milk	Hershey's, Horizon, Giant (8 oz. boxes with straw)
Variety Snack Packs	Gold Fish, Cheez-Its, Animal Cookies, Crackers
Fruit Snacks	Welch's Kellogg's
Water	Store Brand Bottled Water (12 packs/16 oz. bottles)
Juice Boxes	CapriSun, HiC, Juicy Juice, Apple & Eve
Pudding	Jello Pudding Snacks

SWBP does not endorse any of the items or brands listed. All items should be sized for a single individual and ready to eat with no cooking required. Items should be easy to open without a can opener. Products containing peanuts will not be distributed.

visit operation143.org to volunteer & contribute

A PROGRAM OF OPERATION 143

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