



## Healthy Shopping List

- Peanut Butter
- Chunk Light Tuna (In Water)
- Canned Chicken (In Water)
- Canned Salmon
- Canned Fruits (In 100% Juice)
- Canned Vegetables (Low Sodium)
- Canned or Dried Beans
- Brown Rice
- Whole wheat flour
- Whole rolled oats
- Box Milk or Milk Alternatives

ST. JOHN PAUL II SCHOOL WILL BE COLLECTING FOOD EACH FRIDAY DURING LENT, BEGINNING MARCH 3<sup>RD</sup>. COLLECTED FOOD WILL BE GIVEN TO ST. VINCENT DE PAUL. PLEASE SEND IN 1 ITEM EACH FRIDAY WITH YOUR CHILD.

SOME SUGGESTIONS ARE LISTED ABOVE! ALL NON-PERISHABLE ITEMS WILL BE ACCEPTED. THINK OF CHILDREN TOO, MAC AND CHEESE, PANCAKE MIX, CEREAL.

THANK YOU FOR YOUR GENEROSITY.

