All Saints’ Hungry Kids Summer Project

Grocery List Suggestions

Low Sugar Sports Drinks/100% Juices/ Milk Based Drinks that don’t require refrigeration/Water flavored with natural essence

High Protein Granola Bars Individual Microwaveable Soups

Peanut Butter Sandwich Crackers Individual Mac & Cheese

Fruit Cups Trail Mix/Dried Fruit & Nut Snacks

Cereals-high protein, low sugar Hot Instant Oatmeal

gluten free

**Perishables**: yogurt, string cheese, produce/fresh veggies (cherry tomatoes, mini cucumbers, small carrot snacks, etc.) if you can deliver promptly to Food Pantry (25 Elm St.) for refrigeration during their hours of operation Monday-Friday

9 a.m.to 12 noon

