



**B-READY 2020-2021 - Partner Resource  
Shopping List for B-LOVE Grocery Bags**

**HERE IS THE LIST OF FOODS FOR EACH FAMILY (One bag, if you can fit it all in one!)**

**Proteins:**

1 can chicken (12.5oz) or 2 cans of tuna (5oz each)  
or 1 bag of beans  
or 2 cans guandule/pigeon peas (Goya brands)  
or 1 peanut butter (28oz-40oz)

**Fruit:**

2 cans of fruit (15oz each) [pineapple, fruit cocktail, pears, peaches or mandarin oranges]  
or equivalent in individual serving cups [these are a big hit!]  
and/or 1 jar of apple sauce (48oz or equivalent in individual cups)

**Carbohydrates:**

1 pound pasta [any type]  
1 bag of rice  
1 box of macaroni and cheese (6oz each)  
1 box of cereal (20oz) or cereal bars  
1 box of crackers (10-15oz)

**Other:**

1 can or bottle of marinara sauce (24-48oz)  
2 cans soup (10-15oz each)

**And, if possible:**

bottle of cooking oil (24 or 48oz)  
regular size can of coffee (12 oz)  
1 box of milk (shelf-safe)

**More below....check it out!**



**B-READY 2020-2021 - Partner Resource  
Shopping List for B-LOVE Grocery Bags**

**B-READY 2020-2021 - Optional Things to add**

laundry detergent  
kids toothpaste  
kids toothbrushes  
shampoo  
deodorant

diapers for babies and young children~would need to figure out sizes  
diapers for older adults/seniors~would need to figure out sizes

puzzles  
coloring books  
board games