

SPREAD THE MEALS

Purchasing or getting donations of these items from a discount club like Sam's Club or Costco is most cost effective! Print this list to bring to the store with you.

MEAL SHOPPING LIST

- Bread
- Sliced lunch meat & cheese
- Napkins
- Spoons(if needed)
- Forks(if needed)
- Packets of mustard, ketchup and mayonnaise
- Bottled water
- Paper bags

OPTIONAL ITEMS (AT LEAST 2 SUGGESTED)

- Granola bars
- Fruit and grain bars
- Chips
- Cookies
- Crackers
- Snack cakes
- Candy
- Fruit cups
- Apple/fruit sauce
- Jell-O
- Pudding

FRESH FRUIT, VEGGIES or SANDWICHES SHOULD BE PREPEARED AND PACKED THE SAME DAY OF DELIVERY. These items are an ideal addition, but they spoil quickly.

BONUS! Write a motivational note to include in each packed meal.