



## *Suggested Shopping List*

- ☐ Flour
- ☐ Sugar
- ☐ Ketchup
- ☐ Mayonaise
- ☐ Mustard
- ☐ Salad Dressings
- ☐ 100% Fruit Juices
- ☐ V8

- ☐ Olive Oil
- ☐ Canola Oil
- ☐ Vegetable Oil
- ☐ Vinegar
- ☐ Peanut Butter & Jelly
- ☐ Cereal
- ☐ Oatmeal
- ☐ Crackers
- ☐ Macaroni & Cheese
- ☐ Pasta
- ☐ Rice
- ☐ Canned Fruits
- ☐ Canned Vegetables
- ☐ Canned Meats  
(Tuna, Ham, Chicken)
- ☐ Soups, Chili
- ☐ Baby Food
- ☐ Diapers



*Fresh* Fruits & Vegetables  
are also welcome!

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**To help keep a healthy community, we suggest selecting**  
foods with...High Fiber, Reduced/Low/No Fat, Low Sodium/  
No Salt, Whole Wheat Grain, Low Sugar, Low Calorie.

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