



Chalmers Grocery Basket

1 personal item- *individuals may take one of the following items, families may take one item per family member but they must be 5 different items (exception is feminine hygiene products, may take one per family member if needed and we have the supply).*

- Combine small hotel size items into a package and offer as one item
- 1 razors
- 1 shampoo or conditioner
- 1 body wash
- 1 bar soap
- 1 portion of laundry detergent
- 1 feminine hygiene product

1 toilet paper if available – **Limit 2 per family**

2 potatoes

2 carrots

2 onions

2 apples

2 oranges

2 bananas

2 servings of green vegetable

1 Dairy Option Each:

- Goat's milk (1L) – **Limit of 2L per family**
- Skim milk powder (1cup)
- 1 block of cheese – **Limit 1 per family**

1 Protein

- 1 Canned Meat
- 1 Tofu Package
- 1 Frozen Meat (not always available)

1 Cereal Option

- 2 cups Cereal
- 4 packs Instant Oatmeal

1 Canned Vegetable Option

- Corn
- Mixed Vegetables
- Peas
- Beans

1 Bean Option

- Chick Peas
- Kidney Beans
- Black Beans

10 bags of tea or bag of coffee **(adult only)**

1 Peanut Butter – **Limit 2 per family**

1 can of tomatoes **OR** 1 can of pasta sauce

2 cups pasta or rice

1-3 Breads

Eggs **-4 eggs each to maximum of 1 dozen per family**

1 treat from cart

1 treat from shelf