

Shelf Stable SHOPPING LIST

Protein: chicken, tuna,
salmon

Easy Meals: Pasta,
Canned Pasta Sauce,
Mac & Cheese, Soup,
Chili

Fruits & Vegetables:
mixed vegetables,
green beans, corn, fruit
in own juice

Pantry Staples:
Condiments, Flour, Oil,
Spices

Special Diets: Gluten
Free, Vegan, No Sugar



SEQUIM FOOD BANK
WHERE EVERYONE IS WELCOME AT THE TABLE

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SEQUIM FOOD BANK
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Backpack Meals SHOPPING LIST

Here are some items needed for the weekend meal bags that are handed out each week to school children.

Protein Bars
Nutri-Grain Bars
Peanut Butter
Crackers
Pudding cups
Applesauce or
fruit cups
Single Serve Kraft
Mac & Cheese
Oatmeal Packets



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Pet Food SHOPPING LIST

Please help feed animals in need by donating pet food items.

Bring in any unopened, not expired bags or cans.

Canned Dog Food

Dry Dog Food

Canned Cat Food

Dry Cat Food



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Pet Food SHOPPING LIST

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