

# **Pennies' Grocery Cart Challenge**

## **Suggestion items for Donation**

Why summer is a time of high need & demand for the pantries? School is out. As a result, family food budgets increase significantly and summer activities and vacations lead to diminished food donations.

Please consider bringing items from the following list to donate at Pennies' Grocery Cart Challenge. Thank you!

### **Non-Perishable Groceries**

Cereals (popular – Cheerios, Special K, Life, Raisin Bran, Corn Flakes, Shredded Wheat & Granola)  
Peanut butter & jelly  
Spaghetti sauce & pasta  
Macaroni & cheese  
Rice mixes  
Healthy snacks for kids' lunches (power bars, fruit snack packs, nuts, raisins, fruit cups, etc.)  
Soups  
Canned vegetables, fruits & beans  
Trash bags  
Dish detergent  
Aluminum foil, wax paper, sandwich bags, etc.  
Coffee  
Flour  
Sugar  
Condiments – ketchup, mustard, Miracle Whip, mayonnaise, salad dressing, etc.

### **Personal care items**

Laundry detergent  
Shampoo & conditioner  
Deodorant  
Toothpaste & toothbrushes  
Feminine hygiene products  
Toilet paper  
Baby diapers & pull-ups (all sizes)  
Adult disposable panties