



Change Cares Relief Bag Shopping List

Bring all non-perishable items to church on Sunday, November 16th.

One complete bag is around \$50 per bag.

NOTE: Designed to fill one relief bag and provide 4–5 meals + breakfast/snacks.

Meal Essentials

- ☐ 5 cans of vegetables
- ☐ 4 packs ramen noodle cups
- ☐ 3 bag (1 lb) white or brown rice OR 3 box pasta (spaghetti/elbow/noodles)
- ☐ 3 jars or cans of pasta sauce OR tomato sauce
- ☐ 3 cans of protein (tuna, chicken, or salmon)
- ☐ 2 bags of dry beans (black, kidney, or baked)
- ☐ 2 cans of hearty soup or chili (for quick heat-and-serve meal)

Breakfast & Snack Staples

- ☐ 1 boxes of instant oatmeal packets (add-water type)
- ☐ 1 jar peanut butter
- ☐ 1 small jar jelly or jam
- ☐ 1 box of crackers
- ☐ 1 pack of applesauce cups OR canned fruit in juice

Packaging Notes:

- All items must be **non-perishable**.
- All items fit comfortably in one large reusable shopping bag or grocery tote.