



Neighborhood Market

## Brown bag list

- 1 box instant maple oatmeal cereal ( fresh n easy brand )
- 1 box cereal bars ( fresh n easy brand )
- 1 jar peanut butter ( fresh n easy brand )
- 1 jar grape jelly
- 1 bag animal crackers or a box of crackers
- 1 box of instant soup ( I get the twelve pack of top ramen )
- 1 bag of spaghetti noodles
- 1 jar of spaghetti sauce ( fresh n easy brand )
- 1 boxed rice mix
- 1 can chicken ( fresh n easy brand )
- 1 can chili ( fresh n easy brand )
- 1 can raviolis ( fresh n easy brand )
- 1 can veggies ( fresh n easy brand )
- 1 jar apple sauce or can of fruit ( fresh n easy brand )

This list can be modified to fit a larger family by just adding one more of each of these items. The items on this list are meant to feed a small family for a few days. Adding a bag of bread from the bread ministry would go great with the peanut butter and jelly, and a bag of rolls for the spaghetti would work to. The cost of the list I found is about 22\$ if you stick to fresh n easy brands when possible.