

# Meal Pack Challenge 2020

## RECOMMENDED SHOPPING LIST



### Making a Difference from Home

The AARP Foundation Meal Pack Challenge will provide more than 2 million servings of food for Capital Area Food Bank. The items listed below are the most needed, and listed in priority order.

- (1) 5 oz. Can of Protein (Tuna, Chicken, Salmon)
- (1) 14.5 oz. Low-Sodium Vegetables
- (1) 10.75 oz. Can of Soup
- (1) 20 oz. Can of Fruit in 100% Juice
- (1) 20 oz. Bag Dried Lentils/Beans
- (1) 32 oz. Bag of Dry Rice
- (1) 1 lb. Box of Pasta
- (1) 16 oz. Jar of Peanut Butter
- (1) 9 oz. Box of Raisins
- (1) Box of 6 | 1.49 oz. Cereal Bars
- (1) Box of 10 | 1.41 oz. Oatmeal Packs

Please only include items that are sealed, shelf-stable, not expired, and are included in the grocery list above.

**Be A Hunger Hero.**

Take Action Today at  
**[MealPackChallenge.org](https://MealPackChallenge.org)**