



SHOPPING LIST

The Grocery Grabber

- Canned Proteins (tuna, chicken)
- Packs of individually wrapped crackers
- Granola Bars
- Canned pastas (i.e. Spaghetti-O's)
- Canned Fruit
- Canned Vegetables
- Canned Beans
- Pasta
- Pasta Sauce
- Peanut Butter
- Jelly
- Cereal
- Boxed Macaroni and Cheese
- Water
- Sports Drinks
- Hand-held Can Opener

