shopping list

During the entire month of October, KU Fights Hunger will be collecting donations to benefit Just Food and their partners. Below is a list of items they need the most. Find out where you can donate by visiting hunger.ku.edu.

☐ canned vegetables
☐ canned fruit (light syrup)
☐ canned meat
☐ canned soup w/ veggies
☐ cereal (hot & cold)
☐ nuts/seeds/peanut butter/spreads
☐ whole wheat bread/toast/pasta/brown rice
☐ Soup/detergent/shampoo
☐ toilet paper

1. low sodium (food label <150mg)
2. low sugar (<15g)
3. whole grain, low in food items
4. low saturated fats (fruits <5g, meats <2g)