

Sarah's Cupboard Shopping List
Updated January 12, 2022

Look for single-serving, microwaveable items (where applicable)

- ___ mac `n cheese cups
- ___ canned vegetables (with pop-top lids)
- ___ mixed nuts
- ___ bag of chips (assorted snacks)
- ___ fig newtons
- ___ oatmeal packets (instant)
- ___ rice & quinoa bowls (Simply Asian, etc.)
- ___ trail mix (individual packs)
- ___ protein shakes
- ___ popcorn, bags (pre-popped)
- ___ Pods for doing laundry
(Tide, Gain, etc.)
- ___ Small sizes of toiletries
(soaps, lotions, toothpaste)
- ___ Salt & pepper shakers/grinders (plastic)
- ___ Trail mix (individually bagged)
- ___ Rice & pasta pouches
- ___ Pasta sauce in plastic jars
- ___ protein bars

- ___ Sausage snack sticks
- ___ Pop Tarts
- ___ Canned fruit in water (not syrup)
- ___ Juice boxes or pouches

Items also helpful

- Zip lock bags (1 quart, sandwich)
- Microwaveable plates/bowls
- Feminine products (pads, tampons)

Not needed at moment

- ___ soups
- ___ fruit cups
- ___ Ramen noodles
- ___ popcorn, microwave
- ___ Sardines, Tuna, chicken
- ___ granola bars (Quaker, etc.)
- ___ Mission Burrito Flour tortillas