

40 Cans in 40 Days

Purchase or *Purge* List

Use the shopping list below to check off items as you *purchase* or *purge* them from your cabinets.

- 2 bottles of 100% Fruit Juice (or any good juice)
- 4 cans of fruit - peaches, pears, fruit cocktail, applesauce, etc.
- 4 cans of meat packed in water - tuna, salmon, chicken, etc.
- 4 cans of soup or stew
- 5 cans of vegetables - beans, carrots, corn, peas, etc.
- 2 boxes of cereal
 - 1 box of cornmeal
 - 1 box of crackers - Ritz(tm), saltines
- 2 bags of dry beans
- 2 cans of evaporated milk
 - 1 box of instant mashed potatoes
 - 1 jar of jelly or jam
- 4 boxes of mac & cheese
 - 2 boxes of mix - cakes, pancakes, Bisquik(tm), muffins, etc.
 - 1 box of oatmeal
- 2 packages of pasta - spaghetti, noodles, etc.
 - 1 can of spaghetti sauce
 - 1 jar of peanut butter

If you'd like to make weekly contributions rather than all at once, you might find the following schedule helpful. Bring items to church on the dates listed.

2/21	4 items	2/28	6 items	3/7	6 items	3/14	6 items
3/21	6 items	3/28	6 items	4/4	6 items		

Remember: no glass containers, opened or out of date items