

GOD'S STOREHOUSE

GROCERY LIST

- o Brown Rice
- o Quinoa
- o Whole Wheat Pasta
- o Whole Grain Cereals – Shredded Wheat, Toasted Oat, Bran Flakes, etc.
- o Oatmeal – Whole Oats or Quick Cooking (Not Instant)
- o 100% Whole Wheat Bread and Pita Pockets
- o Corn Tortillas
- o Unbleached or Whole Wheat Flour
- o Cornstarch or Arrowroot
- o Baking Powder and Baking Soda
- o Beans - Dried and Canned
- o Canned Tuna Packed In Water
- o Low Sodium Canned Chicken
- o Canned Tomatoes (No-Salt-Added)
- o Unsweetened Applesauce
- o Dried Fruit And Nuts – Almonds, Walnuts, Chickpeas And Sunflower Seeds (Unsalted)
- o Olive and Canola Oils, Vegetable Oil Spray
- o Low-Calorie Salad Dressings



***items should be within 6 months of the “Best By” date, be in the original product packaging, and without any damage that could compromise the food.**