



# ***Grocery List***

***Updated December 8, 2021***

## **Proteins**

- baked beans
- dry or canned pinto beans
- pork and beans
- peanut butter
- Canned chicken

## **Pasta**

- ramen
- spaghetti
- mac and cheese
- other pastas

## **Soups**

- Tomato/Progresso

## **Vegetables**

- Any except corn and green beans please

## **For Kitchen Meal Prep**

- cooking oils
- butter

## **Grains**

- grits instant packets
- baking/cake mixes
- cereal

## **Beverages**

- juice – bottles and boxes
- coffee
- tea
- powdered milk packets

## **Condiments**

- jelly
- spaghetti sauce
- tomato sauce/paste/canned
- diced/whole tomatoes
- canned fruit

## **Personal Hygiene**

- toothpaste
- toilet paper
- shampoo
- deodorant
- razors

✓ We appreciate being able to offer Market members a variety of choices such as no sugar, low salt, organic, and vegan options.

✓ IFC can accept grocery deliveries Monday-Friday between 9am-4pm at our loading dock at the rear of the building. Please access through entrance between 201 and 203 W Weaver St. in Carrboro.

✓ Questions? Call 919-929-6380 during business hours.