

## MICAH'S *soup for seniors* SHOPPING LIST

➤ We use the following food items in individual or microwavable



**Chicken Noodle Soup**

(14.75 oz can or 7.5 oz microwaveable cup)



**Tomato Soup**

(14.75 oz can or 7.5 oz microwaveable cup)



**Vegetable Soup**

(14.75 oz can or 7.5 oz microwaveable cup)



**Crackers (e.g. Ritz, Saltines)**



**Oatmeal Envelopes**

(Box with Individual Packages)



**Instant Grits**

# MICAH'S *soup for seniors* SHOPPING LIST

➤ We use the following food items in individual or microwavable



**Peanut Butter**  
(10.75 oz can)



**Tuna**  
(5 oz)



**Can of Beans**  
(7.75 oz)



**Can of Corn**  
(8 oz or smaller)



**Can of Mixed Fruit**  
(8 oz or smaller)



**Applesauce**