



# GROCERY LIST

The food collected at Open Door will go to our Metro Impact partner, CROSS (Christians Reaching Out in Social Service) food shelf. You can also serve at CROSS with your family, friends, or small group – [www.crossfoodshelf.org](http://www.crossfoodshelf.org).

**Drop off donations at the Beyond Our Door wall through Tuesday, March 31.**

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Here are some ideas for donating high quality, nutritious food:

## Grains

Cereals - Cheerios, Corn Flakes, Raisin Bran, etc.

Macaroni 'n' Cheese

Pasta of all kinds

Crackers - whole wheat, graham

Rice (brown or white)

## Meat & Protein

Canned beans (kidney, garbanzo, pinto, etc.)

Canned tuna, chicken, ham or salmon

Dry roasted nuts

Canned baked beans

Peanut butter

Hearty beef or chicken soup

## Fruit & Veggies

Canned tomato juice and sauce

Spaghetti sauce

Canned vegetables

Canned tomatoes (whole, puree, paste)

Applesauce

Dried fruit (raisins, prunes, apricots)

100% fruit juice (cans, bottles, juice boxes) – Juicy Juice

Canned fruit (in juice rather than syrup)

Fruit jam or jelly

church of the  
**opendoor**

**LIFT HANDLES UP  
NOT OUT**