

YWCA Early Learning & Care Centre - Grocery List

FOOD

- Whole wheat shreddies
- Whole wheat cheerios
- Whole wheat flour
- White flour
- White sugar
- Brown sugar
- Canola oil
- Salt
- Baked beans in tomato sauce
- Garbanzo beans (chick peas)
- Water packed chunk tuna
- Apple Sauce
- Canned fruit (pineapple, mandarin orange, apricots, peaches) packed in natural juice (no sugar added)
- Apple juice, orange juice, pineapple juice (tetra packs, pure juice, no sugar added)



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