

Checklist for Curbside Delivery

1 Grocery Sack/Veteran

- Proteins:
 - ☐ 1 Tuna Can
 - ☐ 1 Chicken Can
 - ☐ 1 SPAM Can or other potted meat, or canned salmon.
 - ☐ 1 Bean Cans: pork & beans, black beans, kidney beans, navy beans, beanie weenies, etc
 - ☐ 1 Bag Dry Beans, 16 oz
 - ☐ 1 Jar Peanut Butter, 16 oz.
- Soup/ or Stew:
 - ☐ 2 Cans
- Sauce
 - ☐ 1 Can Red Marinara Sauce or Alfredo Sauce
- Pasta:
 - ☐ 1 Package or Box of Pasta noodles, 16 oz
- Rice:
 - ☐ 1 Package or Box of Rice, (ex: 1 lb bag)
- Vegetables:
 - ☐ 2-3 Mixed Cans: corn, green beans, mixed, greens
- Fruits:
 - ☐ 1 Can: peaches, fruit cocktail, pineapple, apple sauce
 - ☐ **OR**, 2 fruit cups
- Ready Meals:
 - ☐ 1 Mac & Cheese
 - ☐ 1 Hormel Microwave Meals or canned meals (hash, ravioli, etc)
 - ☐ 2 Top Ramen
 - ☐ 1 Box/Bag Instant Potatoes/Hamburger Helper/Pasta Helper, etc. (If available)
- Cereal:
 - ☐ 1 Box/Bag of Cereal
 - May substitute 3-4 small cereal boxes
 - May substitute 3-4 oatmeal, cream of wheat, or grits packets
- Snack type Items if Available

***All Items Based on Availability**

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You can help by dropping off items to the Savannah VA Clinic
or at American Legion Post 135, Bull St. Savannah (Let them know it is for the VA Pantry).