

BCM Grocery List -

- instant oatmeal or grits packets
- jelly
- soup
- dried beans
- rice
- peanut butter
- cornbread mix
- macaroni & cheese
- chicken broth
- spaghetti
- spaghetti sauce
- canned vegetables
- canned beans
- canned tuna
- ramen noodles

***Please do not purchase “family size” cans/packages.
14 oz. size cans are preferable. Most BCM clients have
to take their food on MARTA, and large sized items are
too difficult to carry.***

*In addition to the above BCM also includes bread donated by area grocery stores and
ground beef purchased monthly and stored in BCM freezer.*

Families receive all these items with volume adjusted for family size.