

Obviously, we care about you showing up to Supper, but we would NEVER want someone to not come because of financial pressures. Here are some items that you could bring according to your price point! (P.S. You do not have to bring any of these, they are just options to choose from :))

KROGER \$1 - \$15

Sides:

- [Fresh Cut Strawberry Pineapple and Blueberry Fruit Mix Bowl](#) (\$11.99)
- [Kroger® Veggie Tray with Dip](#) (\$10.99)
- [Taylor Farms Caesar Chopped Salad Kit](#) (\$4.59) (Other salads include Buffalo Ranch, Avocado Ranch, Everything (like the bagel) all for the same price.

WALMART \$1 - \$10

Sides:

- [Fresh Strawberries](#), 1 lb (\$1.99) (You could also bring grapes, a bag of cuties, watermelon, etc.)
- [Marketside Gluten-Free Classic Hummus 10 oz.](#) (\$2.72) (Salsa, or some other dip would also be a great choice!)
- [La Banderita Authentic Fresh Cantina Style Thin Tortilla Chips, 16 oz Bag](#) (\$2.97) (Or any chips/crackers of your choosing.)

Other resources:

- [Build your own charcuterie board!](#) Here's a link to help you make your own. You can use whatever you want, but there's a list of Trader Joe's ingredients she used to make a board for \$25.

Meals:

Dairy-free recipes:

- **Greek Chicken Rice Bowl:**
<https://eightforestlane.com/greek-chicken-rice-bowls/>
- **Lemon & Garlic Bow Tie Pasta:**
<https://eightforestlane.com/20-minute-bow-tie-pasta/>
- **List of other recipes here:**
<https://eightforestlane.com/20-minute-dairy-free-dinners/>

Gluten-free recipes:

- **Alfredo Turkey Meatballs Bake:**
<https://www.kroger.com/r/alfredo-turkey-meatballs-pasta-bake-recipe/f6d4b88d-b27c-4cdb-9119-abe5e767e610> (This recipe, BUT using GLUTEN-FREE pasta)
- **Gluten-free Mac & Cheese:**
<https://flippindelicious.com/vegan-mac-and-cheese-recipe/>
- **Other recipes here:**
<https://flippindelicious.com/quick-easy-gluten-free-meals/>
- **Four-ingredient Broccoli Tater Tots:**
<https://www.shelikesfood.com/4-ingredient-broccoli-tater-tots/>

Vegan/Vegetarian Recipes:

- **Vegan Mexican Bean Stew:**
<https://hurrythefoodup.com/mexican-bean-stew/>
- **Vegan Coconut Curry:**
<https://hurrythefoodup.com/vegan-coconut-curry/>

- Other recipes here:
<https://hurrythefoodup.com/vegetarian-one-pot-meals/>
- <https://www.shelikesfood.com/> (This is also a great site with a bunch of great ideas for meals. You can look to see what one-pot options they have, meals made under 30 mins, etc.)

Can't wait to see you at Supper!!!