

Juice (64 oz bottles are best)  
Canned veg (esp. beets, spinach)  
Canned fruit ( esp. pears, apricots, pineapple)  
Hearty soups – split pea, lentil, bean, chowders  
Canned pasta  
Kidney beans  
Canned chili, baked beans  
Instant pasta dishes  
Shelf-stable prepared meals  
Cold and hot cereals  
Condiments – small sizes  
Jellies and jams  
Canned tuna and chicken  
Snack foods - crackers, granola bars, cookies, pretzels  
Personal hygiene products  
Cleaning and laundry supplies

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