

Kid-Friendly Options

- Snack packs (pretzels, fruit snacks, goldfish, etc.)
- Juice boxes
- Mini Muffin packs
- Pancake mix and syrup

Essentials & Condiments

- Cooking oil (vegetable, canola, or olive oil)
- Salt, pepper, and basic seasonings
- Sugar and flour
- Ketchup, mustard, mayonnaise
- Salad dressings

Quick & Easy Meal Helpers

- Boxed meal kits (like Hamburger Helper, Rice-A-Roni, or Knorr sides)
- Instant noodles or ramen cups
- Canned chili or pasta (like SpaghettiOs or ravioli)
- Shelf-stable microwave meals
- Tortillas and taco kits

Pantry Staples

- Rice (white, brown, or jasmine)
- Pasta (any variety)
- Pasta sauce (canned or jarred)
- Instant mashed potatoes
- Boxed macaroni & cheese
- Canned soups and stews
- Canned beans (black, pinto, kidney, chickpeas)
- Canned tuna, chicken, or salmon
- Peanut butter and jelly
- Cereal and oatmeal
- Shelf-stable milk or powdered milk
- Crackers and granola bars

