

Protein & Canned Goods

- **Canned Meats: Tuna, chicken, Vienna sausages, Spam**
- **Ready-to-eat Meals: Ravioli, soups, beef stew, chili**
- **Peanut Butter & Jelly**
- **Beans: Dried or canned**
- **Jerky**

Pantry Staples & Meals

- **Pasta & Pasta Sauce**
- **Rice & Instant Potatoes**
- **Macaroni & Cheese**
- **Cereal & Oatmeal**
- **Baking Goods: Flour, sugar, spices**

Snacks & Drinks

- **Granola/Protein Bars**
- **Crackers & Peanut Butter/Cheese Crackers**
- **Fruit Cups & Applesauce**
- **Snack Mixes/Nuts**
- **Drinks: Shelf-stable milk, water, Gatorade, juice boxes, instant coffee, tea**

Hygiene & Household Items

- **Toilet Paper & Paper Towels**
- **Personal Hygiene: Shampoo, soap, deodorant, toothpaste, toothbrushes, razors**
- **Feminine Hygiene: Pads and tampons**
- **Cleaning: Laundry detergent, dish soap**
- **Baby Items: Diapers, wipes, formula**
- **SPF 30+ Sunscreen**

Spring-Specific Considerations

- **Pop-top Cans: Highly preferred to avoid needing a can opener**
- **Warm Weather Items: Avoid chocolate or items that melt.**