

Non-Perishable Food Suggestions

- Canned or dried soup
- Canned fish (e.g., tuna, salmon, sardines, etc.)
- Canned pre-made meals (e.g., SpaghettiOs, beef ravioli)
- Canned stew (e.g., Chunky soup, chilli)
- Dry instant potatoes (mashed or scalloped)
- Jam, peanut butter
- Kraft Dinner
- Lunch snacks: nut-free granola bars, fruit cups, canned fruit, apple sauce
- Rice
- Vegetable cooking oil
- Baby formula
- Carnation milk
- Juice boxes or a 1-litre container
- Tea, instant coffee