

Suggested Food Staples & Non-Perishable Items

Canned Vegetables

Canned Soups

Canned Fruit (in juice or light syrup)

Canned Beans

Dried Beans (in 1/2 lb bags)

Canned Tuna, Salmon, or Chicken

Cereal / Granola Bars

Instant Oatmeal (Variety Packs)

Waffle / Pancake Mix

Pasta

Rice (in 1/2 lb bags)

Couscous Pasta

Pearl Barley

Quinoa

