

Non-perishable food list:

Canned vegetables

Canned fruit

Canned tuna or chicken

Spaghetti/pasta sauce

Peanut butter and jelly

Cereal, oatmeal, pop tarts

Granola bars, cookies, pudding snacks

Canned beans or dried beans

Soups/broths

Bagged rice

Ramen noodles

Mac and cheese

Juice

Shelf sustainable milk—almond, oat or condensed