

Suggested Non-Perishable Items for Family Meals

- Cereal
- Pop tarts
- Granola/Nutrigrain bars
- Instant oatmeal/grits
- Hormel meals
- Chef Boyardee canned products
- Canned meats tuna/chicken/spam
- Canned fruits and vegetables
- Soups
- Boil in a bag rice
- Easy Mac
- Spaghetti sauce and noodles
- Taco kits
- Hamburger helper
- Snacks for kids
- Non-perishable food products