

Non Perishable Foods

DRY GOODS

- ☐ Baking mixes
- ☐ Baking powder and soda
- ☐ Boxed Au Gratin
- ☐ Boxed ready meals
- ☐ Cornmeal
- ☐ Dehydrated hash browns
- ☐ Dry beans (Garbanzo, kidney)
- ☐ Flour (All-purpose, almond)
- ☐ Hamburger helper
- ☐ Herbs and spices
- ☐ Honey
- ☐ Jarred pasta sauce
- ☐ Maple syrup
- ☐ Oats
- ☐ Oil and vinegar
- ☐ Pasta
- ☐ Powdered coffee creamer
- ☐ Powdered eggs
- ☐ Processed cheese
- ☐ Quinoa
- ☐ Ramen Noodles
- ☐ Rice
- ☐ Soy sauce
- ☐ Stuffing mix
- ☐ Sugar
- ☐ Tabasco sauce

DRINKS

- ☐ Water
- ☐ Coffee and tea
- ☐ Shelf-stable milk
- ☐ Protein shakes

CANNED FOODS

- ☐ Beans
- ☐ Broth
- ☐ Canned ready meals
- ☐ Canned chicken
- ☐ Canned fish (salmon, tuna, etc.)
- ☐ Canned fruits
- ☐ Canned vegetables
- ☐ Gravy
- ☐ Meats (ham, corned beef, etc.)
- ☐ Nacho cheese
- ☐ Pickles
- ☐ Potatoes
- ☐ Soups
- ☐ Stews

SNACKS

- ☐ Applesauce
- ☐ Beef jerky
- ☐ Chocolate
- ☐ Crackers
- ☐ Dried fruits
- ☐ Energy, fruit and granola bars
- ☐ Nuts and nut butters
- ☐ Protein bars
- ☐ Rice cakes
- ☐ Trail mix