

Food list (nothing that has to be refrigerated; these are just to name a few)

Ramen noodles

Cereal Bars

Beef Stew

Juice Boxes

Instant Oatmeal

Packaged tuna

Pop Tarts

Boxed or Canned nuts

Boxed Cereals

Boxed raisins

Canned soups

Microwavable food items (like beef stew,

Peanut butter

ravioli, chili)

Jelly

Cereal Bowls (add milk)

Canned vegetables

Cheese and crackers

Peanut butter and crackers

Canned Ravioli

Spaghetti O's

Macaroni and cheese

Rice

Canned ABC's and 123's

Applesauce cups

Pudding cups