

Suggested Shopping List

- 100 % juice - 1 six pack of 6 oz. containers or drink boxes
- Applesauce - 1 snack package size
- Peaches - 1 snack package size
- Pineapple Tidbits - 1 snack package size
- Raisins or Prunes - snack pack size
- Canned Baked Beans
- Canned Beef Stew
- Canned Chili
- Canned Chickpeas
- Canned Diced Tomato
- Canned Corn
- Canned Green Beans
- Canned Soup
- Broth
- Jar of Marinara Sauce
- Snack Pack Puddings and Jello
- Canned Tuna
- Canned Chicken
- Peanut butter
- Mayonnaise
- Dry Cereal
- Crackers
- Non – Fat Dried Milk or canned milk or shelf stable drink boxes
- Tea, Coffee
- Water – 1 gallon per person per day.

Other Supplies:

- Manual Can Opener
- Food Storage Bags
- Disposable dishes, cups and silverware
- Refrigerator and Freezer Thermometers