

Shopping Suggestions

Take a picture of this to refer to
when you go shopping!

Proteins

- Canned Meats
- Canned/Packets of tuna
- Nut/Seed butters
- Shelf-stable cheese: parmesan, cheese spreads
- Shelf-stable meats: pepperoni, summer sausage
- Jerky
- Assorted nut mixes
- Protein bars

Fruits & Vegetables

- Apple sauce
- Dried fruit
- Canned fruit
- Individual fruit cups
- Fruit strips
- Canned vegetables
- Pizza sauce
- Baby food

Grains & Carbs

- Pasta: spaghetti, macaroni
- Rice: Instant or bags
- Beans: canned or dry
- Shelf-stable pizza crust
- Tortillas
- Cereal and granola
- Cereal and granola bars
- Trails mix
- Crackers
- Pretzels
- Popcorn
- Pudding or jello cups

Soups, Stocks, & Broth

- Soups: boxed or canned
- Broth or stock

Milk & Beverages

- Shelf-stable almond, oat, soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

Non-food items

- Unopened dog/cat food
- Socks
- Baby wipes & diapers
- Deodorant
- Toothpaste, toothbrushes
- Shampoo, conditioner
- Sunscreen
- Toilet paper
- Feminine hygiene products
- Sanitizer
- First-Aid supplies
- Cleansing wipes

The best method may be to just buy TWO of whatever you purchase at the grocery store. If it's something you enjoy, others may enjoy it too (and it saves you extra trips down the isles).

All items must be shelf-stable and unopened. Thank you.