

Canned Pie Filling (Pumpkin, Apple, etc.)
Canned Yams/Sweet Potatoes
Canned Soup (Chicken Noodle, Chili, Beef, etc.)
Canned vegetables (Asparagus, Corn, Beans, Broccoli, Sweet Peas, etc)
Chicken, Beef, or Bone Broth
Cranberry sauce
Beans (Black, Red, Garbanzo, Pinto, etc.)
Rice (Instant, Brown, White, Quinoa, etc.)
Pasta / Noodles
Cereal
Mashed Potato Mix
Cornbread/Corn Muffin Mix
Dessert Mix (Brownie, Cookie, Cake, etc.)
Stuffing Mix
Gravy Mix
Shelf Stable Milk (Almond, Oat, Evaporated, Condensed, Powdered, etc.)
Canned Meats (Chicken, Tuna, Ham, Beef, etc.)
Coffee/Tea
Sugar (White, Brown, Powdered, etc.)
Condiments (Ketchup, Mustard, Preserves, Honey, Soy Sauce, Hot Sauce, Syrup,
etc.)
Water (Gallons or Bottles)
Pasta Sauce
Boxed/Individual Mac and Cheese
Apple Sauce
Spices, baking soda, baking powder, flour,
Dried Goods (Jerky, Fruit, etc.)
Bars (Cereal, Granola, Protein, etc.)
Fruit or Pudding Cups
Juice (Boxes, Pouches, Gatorade, etc.)
Crackers (Graham, Saltine, etc.)
Pretzels, Trail Mix, or Nuts
Oatmeal (Oats, Instant Oatmeal, etc.)
Instant grits
Pancake mix