

# POTENTIAL ITEMS TO BRING

## PROTEINS:

**Canned meat**  
**Canned soups**  
**Canned/dried beans**  
**Peanut butter/almond butter**  
**Trail mix/nuts**

## VEGETABLES:

**Canned vegetables**  
**Vegetable soup**  
**Canned tomato products**  
**Spaghetti sauce**  
**Baby-food (vegetables)**  
**V-8 juice**

## GRAINS:

**Rice/rice mixes**  
**Canned pastas**  
**Noodle mixes**  
**Dry noodles/pastas**  
**Macaroni and cheese mix**  
**Cereal**  
**Infant cereal**  
**Oatmeal**  
**Bread, muffin, and pancake mixes**  
**Crackers**  
**Granola bars**

## FRUITS:

**Canned fruit**  
**Raisins**  
**Applesauce**  
**Dried fruits**  
**Baby-food (fruit)**  
**Canned/boxed 100% juice**

## DAIRY:

**infant formula**  
**Nonfat dry milk**  
**Evaporated milk**  
**Instant breakfast drinks**  
**Shelf-stable (UHT) milk (small boxes)**

## OILS AND CONDIMENTS:

**Vegetable oil**  
**Salad dressing**  
**Syrup**  
**Jelly/ jam**  
**Honey**  
**Mayonnaise**