



Food for Thought

Donation List



SUGGESTED ITEMS: (Individual Servings)

PROTEIN	ON THE GO/ SNACKS	FRUITS	STARCHES	BREAKFAST
Cans of Tuna	Pringles	Raisins	Macaroni And Cheese	Instant Oatmeal (individual packets)
Cans of Chicken	Cookies	Fruit Cups	Crackers	Cereal Bars
Canned Stew/Soup	Granola bars	Dried Fruits	Cans of Ravioli/ Spaghetti Os	Pop Tarts
Canned chili	Microwave Popcorn	Fruit Juice Boxes	Boxed Meals	
Peanut butter	Easy Mac		Ramen Noodles	
	Microwavable Non-frozen meals			

