

Item	Examples
For those with cooking facilities	
Canned fruit	
Canned vegetables	
Canned Soup	
Spaghetti sauce	
Canned tuna	
Canned chicken	
Shelf stable milk (aseptic boxes or dry milk pouches)	
Individual packs of Cheez-its or Goldfish	
Boxed Mac & cheese	
Individual Rice Krispie treats	
Individual oatmeal packets	
Healthy boxed Cereal	
Packaged prepared potatoes	Idahoan Sour Cream & Chives Mashed Potatoes, 4 oz - Walmart.com OR https://www.walmart.com/ip/Betty-Crocker-Scalloped-Casserole-Potatoes-Made-with-Real-Cheese-4-oz-Box/5334187281?classType=VARIANT&from=/search
Peanut butter	
Jelly	
Pasta (boxed/bagged -- not canned)	
Chicken, beef or vegetable broth	

For both with and without cooking facilities	
Individual Applesauce cups	
Individual Pudding cups	
For those without cooking facilities	
Granola bars	
Cereal bars	
Peanut butter crackers	
Fruit gummies	
Individual boxed juices (real fruit juice)	Juicy Juice 100% Juice, Fruit Punch, 8 Count, 6.75 fl oz Juice Boxes - Walmart.com
Vienna sausage	
Chicken salad snack pack	Pack of 3, Bumble Bee Snack on the Run! Chicken Salad Kit with Crackers, Ready to Eat, Spoon Included, 3.5 oz box - Walmart.com
Tuna salad snack pack	Bumble Bee Snack on the Run! Tuna Salad with Crackers, 3.5 oz kits, 3 pack - Walmart.com
Beanie Weenies	Van Camp's Original Beanee Weenee, Canned Food, 7.75 oz. - Walmart.com