

Suggested Shelf Stable Foods (foods which require no refrigeration)

Cartons of shelf stable milk and/or chocolate	Powdered milk
Baby food	Small box of cereal.
Canned chili, Ravioli, Spaghetti-Os, and other individually sized table ready foods	(especially those with pull tab openers)
Mac 'n' cheese cups	Beef jerky or pepperoni sticks
Cup-a-Soups (those needing only water added)	Ready to eat canned soups w/pull tab cans)
Fresh fruits and vegetables (uncut)	Small cans of fruit
Pudding cups	Apple sauce & Fruit cups
Individual size bottles of fruit juice	Juice boxes
Bread	Rice cakes (flavored & plain)
Small jar of peanut butter	Granola bars
Peanuts	Ready to eat popcorn
Small, individual bags of chips or crackers.	Individual size cheese & cracker packs
Sealed string cheese sticks	Homemade cupcakes & cookies (with <u>a list of ingredients used.</u>)