

Non-Perishable Items

Snacks

- Granola bars
- Shelf-stable snack packs (tuna or cheese & crackers, etc)
- Tortilla chips or snack chips
- Unpopped popcorn
- Juice boxes
- Individually packaged tea, hot chocolate or instant coffee
- Boxes of Crackers

Canned food

- Soups including vegetarian options
- Chili including vegetarian options
- Tuna or other canned protein etc

Readymade meals

- Kraft dinner or Annie's Mac & Cheese
- Ramen of any kind
- Cup-of-soup

Misc grocery

- 500g to 1000g bags of grains, ex. rice, pasta
- 500g to 1000g bags of dried chickpeas, lentils, beans
- Bread
- Smaller boxes of cereal
- Pasta Sauce (or canned tomato of any kind)