

Suggested Non-Perishable Food Items

Fruit & Vegetable Group	Grain Group
Diced Tomatoes	Oatmeal
Tomato Juice	Whole Grain Crackers
Tomato Sauce	All Types of Pasta
Spaghetti Sauce	Low Sugar / High Fiber Cereal
Canned Fruit (in its own juice)	Cream of Wheat
Fruit Juice (100%)	Whole Grain Rice
Dried Fruit	Grits
Shelf-stable Fruit Cups	Cream of Rice

Protein Group	Milk Group
Canned Tuna Fish	Dry Milk
Canned Salmon	Evaporated Milk
Canned Chicken	Boxed Shelf-stable Milk
Canned Bean Soup	
Canned Baked Beans	
Dried and Canned Beans and Peas	
Canned Chili	
Canned Beef Stew	
Peanut Butter	
Nuts	
Canned Soups and Broths	