Lentils & Grains
- Beans – Small bag or can
- Rice – Small bag
- Pasta
- Oatmeal
- Cereal bars
- Stuffing

Proteins
- Canned beans
- Canned meats
- Canned tuna
- Canned chicken
- Corned beef hash
- Vienne sausages
- Sardines
- Spam

Drinks
- Water bottles
- Juice boxes
- Sodas
- Canned beverages

Seasonings/Condiments
- Salt
- Pepper
- Ketchup
- Mustard
- BBQ sauce
- Hot sauce
- Peanut Butter – Small individual portions
- Jelly – Small individual portions
- Butter – Small individual portions

Feminine Hygiene Products
- Tampons
- Liners Pads
- Pads
- Wipes

Snacks
- Crackers
- Pretzels
- Chips
- Cookies
- Snack bars
- Fruit Cups

Toiletries
- Deodorant
- Toothbrush
- Raisins

**Cans**
- Vegetables
- Fruit (i.e. Mandarin Oranges)
- Chiles
- Soups
- Tomato sauce
- Pasta sauce
- Toothpaste
- Shampoo
- Floss
- Toilet paper – individually wrapped rolls
- Dish Soap
- Soap
- Paper towels

**Miscellaneous**
- Utensils