

Food items should not be expired, and these are most useful:

- Peanut butter
- Pop top cans of soup, stews, vegetables (corn, green beans, peas, beans), fruit, tuna, chicken, raviolis, Spaghetti-o's, spaghetti and meatballs, etc.
- Pasta sauce and noodles (particularly spaghetti and macaroni)
- Boxed cereal, oatmeal, granola bars, mac and cheese dinners, rice, pasta helpers, any boxed grains
- 100 % juices in pouches or bottles
- Cooking oil
- Other dry, shelf-stable food items
- Unopened personal hygiene or household cleaning items