

SHELF SAFE ITEMS: SAVE-ON



HAMPER ITEMS FOR FAMILIES

- Whole grains:
Oatmeal, barley, quinoa, brown rice
- Fish: Canned salmon, tuna, sardines
- Olive oil and cooking oils
- Canned tomatoes and tomato sauce
- Pasta made from whole wheat, spelt, other whole-grains
- Almond, rice, and soy beverages
- Canned chickpeas, black beans, lentils
- Sugar and salt-free peanut butter and other nut butters
- Dried fruit, raisins, nuts, and seeds
- Gluten free products



Shopping List: Shelf-safe, Frozen, and Take-Home-Hamper Products

These shopping lists are optional and provide suggestions for those in charge of providing meals in schools. Substitutions can be made based on what is in season and the food preferences of your community



SHELF SAFE ITEMS: WHOLESALE CLUB

CARBONATED BEVERAGES

FROZEN ITEMS

