

HERE IS THE LIST OF FOODS FOR EACH FAMILY (One bag, if you can fit it all in one!)

Proteins:

1 can chicken (12.5oz) or 2 cans of tuna (5oz each)

or 1 bag of beans

or 2 cans guandule/pigeon peas (Goya brands)

or 1 peanut butter (28oz-40oz)

Fruit:

2 cans of fruit (15oz each) [pineapple, fruit cocktail, pears, peaches or mandarin oranges] or equivalent in individual serving cups [these are a big hit!] and/or 1 jar of apple sauce (48oz or equivalent in individual cups)

Carbohydrates:

1 pound pasta [any type]

1 bag of rice

1 box of macaroni and cheese (6oz each)

1 box of cereal (20oz) or cereal bars

1 box of crackers (10-15oz)

Other:

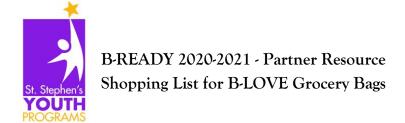
1 can or bottle of marinara sauce (24-48oz)

2 cans soup (10-15oz each)

And, if possible:

bottle of cooking oil (24 or 48oz) regular size can of coffee (12 oz) 1 box of milk (shelf-safe)

More below....check it out!



B-READY 2020-2021 - Optional Things to add

laundry detergent kids toothpaste kids toothbrushes shampoo deodorant

diapers for babies and young children-would need to figure out sizes diapers for older adults/seniors-would need to figure out sizes

puzzles coloring books board games