



MOW4Kids Suggested Items for Boxes of Shelf Stable Foods

Amount in box depends on household size.

Each box contains approximately 10 lb per each member of household.

NO GLASS Containers

- Animal crackers
- Apple sauce cups
- Bread
- Cereal, small boxes or bowls
- Chicken, canned
- Cookies, animal crackers
- Vegetables, canned
 - Corn
 - Peas
 - green beans
 - carrots
 - black beans
 - kidney beans
- Dry beans, bagged
- Fruit cups
- Jelly
- Juice boxes/bags
- Macaroni & Cheese
- Oatmeal, packets or canister
- Pasta, dry
- Peanut butter
- Produce:
 - Apples
 - Carrots
 - Celery
 - Onions
 - Oranges
 - Tomatoes (HARD)
 - Potatoes
- Rice, dry
- Soup, canned/ramen
- Tomato sauce, canned
- Tuna, canned or packaged