

# Most Needed Food Shelf Items

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- **Canned foods**
  - **Examples:** beans, fruits, vegetables, meat and fish, with easy pop off lids
- **Shelf-stable proteins and grains**
  - **Examples:** peanut butter, pasta, beans, oats, and rice
- **Cooking staples**
  - **Examples:** sugar, flour, oil, soy sauce, and fish sauce
- **Quick to eat foods**
  - **Examples:** boxed meals, microwave meals, granola bars, and cereal