Most Needed Food Shelf Items

- 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