



☐ Canned meat* (chicken, tuna)
☐ Canned pasta* (ravioli, etc.)
☐ Canned fruit*
☐ Granola or protein bars
☐ Granola snack mix
□ Cereal
☐ Bottled water
☐ Sports drinks
☐ Ground Coffee
☐ Powdered creamer

*cans with pop top tabs to open preferred