Please no glass containers of any kind.

**PEANUT BUTTER**
Creamy or crunchy

**LEAN CANNED PROTEINS**
Tuna, salmon or chicken in water

**CANNED VEGETABLES**
Low sodium or no salt added

**CANNED FRUITS**
In its own juice or water

**TOMATO PRODUCTS**
Spaghetti sauce or diced tomatoes

**BEANS**
Canned or dry

**WHOLE GRAIN CEREAL**
Hot or cold

**WHOLE GRAINS**
Pasta, brown rice, quinoa

**HEALTHY SNACKS**
Fruit cups, raisins, granola bars

**CONDIMENT**
Canola, coconut, olive, vegetable

**OILS**

**SPICES**