

## **PADS Food Donations**

### **Breakfast**

Instant oatmeal packets  
Store-bought muffins  
Granola or breakfast bars  
Meal replacement drinks

### **Lunch**

Crackers  
Bags of chips  
Instant Ramen (cups or packs)  
Fruit cups or canned fruit  
Protein bars  
Tuna or chicken salad packs  
Beef jerky  
Microwave popcorn  
Jell-O cups  
Applesauce pouches

### **Dinner**

Non-perishable microwaveable dinners  
Canned bake beans  
Mac & cheese (boxes, or cups)  
Canned chili  
Microwaveable rice packs  
Sardines

### **Drinks & Other Items**

Juice packs (apple juice/fruit juice)  
Water bottles  
Hot chocolate packs  
Can opener  
Plastic cutlery  
Disposable plates