

Columbia Care Packages Shopping List

***NOTE-** Please be selective with canned goods.

- Check expiration dates,
- get pull tabs when possible and
- purchase packs rather than cans when possible (ex; tuna)

Breakfast:

- Cereal bars
- Oatmeal (individual packets)

Lunch/Dinner:

- Single serving Chef-Boy-R-Dee items
- Ravioli/Spaghetti-O's
- Single serving soups (with pull tab openings)
- Ramen noodles
- Peanut butter
- Jelly
- Pasta
- Spaghetti sauce
- Canned vegetables and fruit (with pull top openings)
- Macaroni and cheese
- Canned Tuna
- Rice
- Beans

Snacks:

- Cheese or peanut butter crackers (individually wrapped "to go")
- Beef jerky
- Applesauce cups
- Pudding cups
- Fruit cups
- Granola bars
- Power bars
- Packaged nuts
- Trail mix
- Fruit snacks
- Dried fruits
- Individually packaged chips/pretzels/Goldfish
- Vienna sausages (with pull top lids)
- Pop tarts
- Boxed drinks and juices

Miscellaneous:

- Plastic spoons
- Menstruation Products
- Laundry soap pods and dryer sheets