Ready-to-Eat & No-Cook Foods

- **Pull-Tab Canned Goods:** Canned tuna, chicken, salmon, chili, or stew that do not require a can opener.
- **Pouches & Snack Packs:** Foil pouches of tuna, chicken, or salmon, Vienna sausages with pull-tabs, or meat jerky.
- **Soft & Easy-to-Chew Items:** Applesauce cups, pudding cups, peanut butter or cheese squeeze pouches, and soft fruit (like bananas or oranges).
- **Dry Snacks:** Granola bars, protein bars, peanut butter or cheese crackers, nuts, seeds, and trail mix.
- **Drinks:** Bottled water, electrolyte drinks, or shelf-stable UHT milk boxes. [1, 2, 3, 4, 5]

Pantry & Donated Staples (For Shelters or Kitchens)

- **Feeding America** outlines the best non-perishable items to donate in bulk:
- **Proteins:** Canned beans, lentils, peanut butter, and canned meats.
- **Grains:** Oatmeal, instant oats, brown or white rice, whole-grain pasta, and low-sugar cereal.
- **Canned Produce:** Low-sodium canned vegetables, canned fruit packed in 100% juice, and unsweetened applesauce. [1, 2, 3]

What to Avoid

- **Items needing a can opener** (unless packaged with one or explicitly pull-tab).
- **Raw or dry ingredients** that require boiling water, an oven, or multiple cooking steps (like raw rice or dry pasta) unless you are giving them to a staffed shelter kitchen.
- **Glass containers** which break easily and are hard to carry.
- **Hard, very crunchy, or sticky foods** (like tough beef jerky or hard nuts) for individuals who may have dental health challenges.
- **Expired, opened, or heavily perishable** homemade goods. [1, 2]