



When purchasing food for Agape Meals for Kids, look for easy to prepare (only add water), easy to heat (microwave or toaster), non-perishable, single-serve food items that are healthy choices, nutritional items that have a long shelf-life and do not require refrigeration.

****Please, no glass****

See list of suggestions below:

BREAKFAST	LUNCH & DINNER	SNACKS
<ul style="list-style-type: none"> • Single-serve cereals • Granola bars • Instant oatmeal • Cereal bars • Low-fat milk cartons (individual, non-refrigerated servings) OR dry-powdered milk (individual packets); individual almond milk cartons • Carnation instant breakfast packets 	<ul style="list-style-type: none"> • Single-serve tuna • Canned chicken • Chef Boyardee meals • Hormel Compleats meals • Easy Mac-n'-Cheese • Single-serve pasta • Microwaveable rice meals • Canned chili • Dinty Moore beef-stew • Ramen noodles • Canned vegetables (corn, string beans, peas, etc.) Canned vegetables (corn, string beans, peas, etc.) • Peanut Butter/SunButter/Plastic squeezable jelly • Instant mashed potatoes 	<ul style="list-style-type: none"> • Applesauce • Fruit cups in 100% juice • Non-refrigerated pudding cups • Single-serve goldfish crackers • Single-serve snack cookies • Microwavable popcorn • Belvita biscuits • 100% juice boxes • Individual pretzels • Individual cheese & crackers • Raisins