

# Look for Similar Items When Shopping for Pride Packs



Breakfast Items



Packaged Noodles & Rice



Canned Fruit & Vegetables



Proteins, Soups & Stews



Healthy Snacks



Milk & 100% Juice Boxes

## PLEASE DO BRING:

- Individual serving sizes
- Microwaveable packaging for soups and stews
- No salt added vegetables, 15 oz can
- Fruit packed in juice, 15 oz can
- Milk in shelf stable packaging

Items may be put in the Pride Packs basket in Estill House.

## PLEASE DO NOT BRING:

- Sugary snacks (cookies, pop-tarts, etc.)
- Spam and Vienna Sausage
- Soft top applesauce and fruit
- Candy
- Juice pouches
- Sugary cereals
- Canned beans
- Glass containers