

LONG LASTING FOODS TO BUY IN BULK

Rice, Quinoa, Oats	
Canned beans/uncooked beans	
Canned fruit	
Canned soups	
Canned vegetables	
Macaroni and cheese	
Ramen noodles	
Pasta and Pasta sauce	
Peanut butter & Jelly/Jam	
Granola Bars	
Ketchup and mustard	
Canned tuna	
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