



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

