

# Shelf Stable Food Drive

**Think about items that a youth experiencing homelessness can grab and carry in their backpack**

- Canned goods with pop tops
  - don't always have can openers
- Peanut butter
- Mac & Cheese
  - with the cheese packets – don't always have milk and butter
- Slim Jims
- Protein bars
- Protein shakes
- Granola bars
- Canned tuna or chicken
- Instant oatmeal
- Individually packaged nuts/trail mix
- Cracker packages (peanut butter, cheese)

