



Fruit / Snacks:

- Canned Fruit in **100% fruit juice or water**
- Apple sauce (No sugar added or unsweetened)
- Dried Fruit (Raisins, Apricots, Prunes, Apples, etc.)
- Granola, Nuts & Seeds (pumpkin, sunflower, etc.)
- Whole Grain Crackers (Triscuits, Wheat Thins, etc.)
- Rice cakes
- Saltine crackers

Cereal & Dairy:

- Cold Cereal like:
 - Cheerios
 - Cornflakes
 - Honey Bunches of Oats
 - Cinnamon Life
 - Rice Krispies
 - Oatmeal
- 1% Shelf-stable Milk
- Unsweetened Soy or Almond Milk (non-refrigerated)

Protein Combinations

- Peanut Butter and 100 % Fruit Spread
- Canned Tuna, Salmon or Chicken **in Water** (3oz – 5oz) / Light dressing or Mayo
- Canned Beans (low sodium) & Rice (5 pound bags or less)

Pasta & Veggies

- Pasta / Spaghetti or Tomato Sauce (low sodium or no salt added)
- Canned Vegetables (low or no sodium - 8oz – 15oz)
- Soups / Stews / Chili (low sodium)