

FOOD GUIDELINES

THIS LIST IS NOT MEANT TO BE EXHAUSTIVE, BUT A SIMPLE GUIDELINE.

WE HAVE TWO CATEGORIES OF FOOD AND PERSONAL HYGIENE

1. MEAL BOXES/KITS FOR FAMILIES (INTERNALLY DISPLACED OR IN FORMERLY OCCUPIED REGIONS)
2. INSTANT FOOD FOR THOSE IN A CURRENT CONFLICT ZONES W/O ACCESS TO A KITCHEN (FOOD REQUIRING NO PREP OTHER THAN HOT WATER)
3. PERSONAL HYGIENE PRODUCTS (PLEASE PUT IN A ZIP LOCK BAG)

For Families with access to a kitchen

Staples: all - purpose flour, sugar, salt, white vinegar

Meats: canned meat, poultry and fish

Grains: pasta, white rice, oats, barley, couscous, farro, dry polenta, bulgur wheat, whole grain buckwheat, hot cereals such as cream of wheat (non-instant), multigrain, buckwheat, granola

Canned Vegetables and Fruit: tomato paste, canned tomatoes, canned tomato sauce, canned corn, canned peas, pesto, canned pineapple

Preserved Meals: canned chili, baked beans, hearty canned soups and bisques, or soups in cartons, various jarred pasta sauces, etc.

Dry Meals: ramen, mac and cheese, dried soup mixes, dried mushrooms, powdered mashed potatoes

Legumes: split peas, lentils, dried beans

Fats: oil, peanut butter or any other nut butters, mayo, margarine

Drinks: black and green tea, coffee, instant coffee, cocoa, powdered lemonade, dry creamer (packaged small), powdered milk

Baking: active dry yeast or instant yeast, baking powder, soda, vanilla, baking mixes (for breads, cakes, cookies, scones, brownies etc.)

Spices: chicken bouillon (cubed, powdered, or jars of "better than bouillon"), black pepper, all- purpose seasoning, granulated garlic, dried onions or shallots,

Treats: jello, honey, sweetened condensed milk, sweets (cookies, candy, nutella, etc.)

For those with no access to a kitchen (Think Camping Food)

Fats: peanut butter or any other nut butters

Nuts and Seeds: almonds, walnuts, pecans, peanuts, cashews

Granola or protein bars, etc.

Meats: canned meats, poultry and fish

Dried fruit: raisins, prunes, apricots, freeze-dried fruits of any kind,

Grains: instant grains such as oatmeal, couscous, cream of wheat

Preserved Meals: canned chili, baked beans, hearty canned soups

Dry Meals: ramen, dried soup mixes, powdered mashed potatoes or any rehydrated meal where only added hot water is needed

Drinks: black and green tea, coffee, instant coffee, cocoa, powdered lemonade, dry creamer

Baby and Kids:

formula, baby food, baby body wash, baby wipes, diapers, desitin, children's Tylenol, children's Motrin, children's multivitamins, baby powder

Hygiene:

shampoo, shower gels for men and women, deodorant, bar antibacterial soap, toothpaste, toothbrushes, body lotion, face wash, hand cream, wet wipes, tampons and pads, adult diapers, detergent powder, dish washing liquid, razors, sunscreen, bug spray, chapstick

Meds:

multivitamins, ibuprofen, aspirin, tylenol, daytime and nighttime flu medication, bandaids, neosporin