

We ask you aim to choose at least 2-3 items from each of the food categories

Regular

Protein

- ☐ Peanut butter
- ☐ Nuts and Seeds
- ☐ Shelf-stable Milk
- ☐ Chicken Broth

Canned food

- ☐ Tuna
- ☐ Salmon
- ☐ Sardines or mackerel
- ☐ Chicken
- ☐ Lentils
- ☐ Chickpeas
- ☐ Black beans

Whole Grains

- ☐ Instant oats
- ☐ Rice
- ☐ Whole grain pasta
- ☐ Noodles (rice, ramen)
- ☐ Whole grain cereal
- ☐ Whole grain granola bars

Fruits and Vegetables

- ☐ Canned fruit
- ☐ Dried fruits (raisins, apricots, dates, etc.)
- ☐ Applesauce
- ☐ Canned vegetables (diced tomatoes, peas, green beans, corn, carrots, beets, mixed, etc.)
- ☐ Pasta sauce

Vegetarian

No meat, poultry, fish, meat sauces or stock, gelatin, marshmallows, or animal-based ingredients.

Look for vegetarian or plant-based labels.

Protein

- ☐ Shelf-stable tofu
- ☐ Peanut butter
- ☐ Nuts and Seeds

Canned foods

- ☐ Lentils
- ☐ Chickpeas
- ☐ Beans (black, baked, kidney, mixed, etc.)

Whole Grains

- ☐ Instant oats
- ☐ Rice
- ☐ Whole grain pasta
- ☐ Noodles (rice, ramen)
- ☐ Whole grain cereal
- ☐ Whole grain granola bars

Fruits and Vegetables

- ☐ Canned fruit
- ☐ Dried fruits (raisins, apricots, dates, etc.)
- ☐ Canned vegetables (diced tomatoes, peas, green beans, corn, carrots, beets)
- ☐ Pasta sauce

Pork Free

No pork, bacon, ham, or lard, pork flavouring, gelatin, or marshmallows.

Look for vegetarian, halal, or pork-free labels.

Protein

Canned foods

- ☐ Lentils
- ☐ Chickpeas
- ☐ Beans (black, baked, kidney, mixed, etc.)
- ☐ Tuna
- ☐ Salmon
- ☐ Sardines or mackerel
- ☐ Chicken

Whole Grains

- ☐ Instant oats
- ☐ Rice
- ☐ Whole grain pasta
- ☐ Noodles
- ☐ Whole grain granola bars

Fruits and Vegetables

- ☐ Canned fruits
- ☐ Dried fruits (raisings, apricots, dates, etc.)
- ☐ Applesauce
- ☐ Canned vegetables (diced tomatoes, peas, green beans, corn, carrots, beets, mixed, etc.)
- ☐ Pasta sauce

