

COVID 19 MOTEL FOOD BAGS

These food bags need cans with **flip-top lids and microwave-friendly food**. Put large and heavy items in first, stack cans so they don't tip, and put shelf-stable milk cartons on top.

- 1 BOX CEREAL
- 4-5 SMALL JUICE BOTTLES or 1 LARGE JUICE
- 3 CANS OF VEGETABLES (different types)
- 2 CANS OF FRUIT
- 2 CANS OF BEANS
- 1 LUNCH-TO-GO TUNA MEAL (or portable protein)
- 1 CAN OF TUNA
- 1 CAN OF CHICKEN (or an extra can of tuna if chicken runs out)
- 1 HORMEL DINNER
- 2 SOUPS
- 2 CHEF BOYARDEE
- 2 MAC AND CHEESE
- 3 RAMEN NOODLES
- 1 BAG LARGE QUICK OATS or 4-5 SMALL PACKETS
- 4-5 MINI MILKS (shelf-stable, ex: Horizon brand)

Fill the remainder of the bag with additional snacks
(chips, instant potatoes, microwave rice, granola bars, etc.)