

Fuel Up Food Donation Suggestions

- All items must be shelf-stable and within the expiration date.
- Easy-open tops are preferred (when possible).
- No artificially-sweetened (Nutra-Sweet/aspartame, sorbitol, etc.) items, please.
- Please consider sodium and fat content when selecting food items.
- Single-serving sizes are recommended.
- Store or generic brands are fine!
- This is by no means a complete list; think about what your children enjoy eating...
- Food donations can be placed in the Fuel Up Donation box in the Perry Harrison School lobby at 2655 Hamlet Chapel Rd. in Pittsboro.

<p>BEVERAGES 100% orange juice boxes Shelf-stable milk boxes (e.g., L'il Milk, Hershey's, or the vanilla milk boxes by Horizon Farms Organic) <i>*Please do not send bottled water or flavored water in bottles or Pouches</i></p>	<p>FRUIT AND VEGETABLES Applesauce cups Boxed raisins, Craisins, yogurt-covered raisins Canned fruit in natural juice or light syrup Dried fruit and nut mixes Fruit bars Canned vegetables (corn, green beans, peas, mixed veggies, etc.; low sodium, please)</p>
<p>MEAT/PROTEIN Hormel Compleats Hormel chili with beans, microwaveable cup Dinty Moore stews and microwave-ready bowls Chicken & Dumplings in cans/microwaveable bowls Hormel Ham – Lean Campbell's microwaveable soup bowls Campbell's Soup at Hand Campbell's Chunky bowls Starkist Lunch to Go Armour Chili with Beans Beanie Weenies Hamburger Helper Microwave Singles Chef Boyardee Ravioli, Lasagna or Beef-aroni Jif peanut butter in individual cups (4- or 6-pack)</p>	<p>SNACKS Granola bars (chewy or crunchy) Snack Pack pudding cups Graham crackers Animal crackers Peanut butter/cheese or cheese on cheese crackers Cheez-its Sun Chips or other baked snack chips Mini-muffins Flavored rice cakes Pretzels Microwave popcorn, bags of SmartFood Popcorn, Cracker Jacks</p>
<p>PASTA/RICE Kraft Easy Mac and Easy Italia Cups Nissin Cup noodles or other Ramen Noodles Chef Boyardee pasta in microwaveable bowls/small cans Campbell's Spaghetti Os pasta Minute Rice microwaveable rice cups Uncle Ben's ready-to-eat rice pouches</p>	<p>BREAKFAST Breakfast or cereal bars Individual boxes of cereal Instant grits packets, especially cheddar or butter flavored Instant oatmeal packets</p>