

Healing Hunger. Strengthening Our Future.

Students In Transition Care Kit

This care kit addresses the unique needs of students displaced from their homes who may be living in shelters, cars, hotels, or a variety of temporary living situations. These students need ready to eat foods that ideally don't require cooking, even in a microwave.

☑Canned foods with POP TOPS: soups and chili with meat and/or beans, vegetables, fruit in natural juice, pasta with meat, tuna, salmon, meats

☑Individual cracker and cheese packets

☑Individual cracker and peanut butter packets

☑Granola bars, especially with high fiber (+3 grams fiber per bar)

☑Fruit cups: natural applesauce, jello with fruit, fruit in natural juice

☑Peanut butter/jelly (in plastic jars)

☑Small juice boxes (100% juice preferred)

☑Individual boxes of cereal: low sugar, high fiber cereal like Cheerios, Honey Nut Cheerios, Chex☑Beef and turkey jerky