

## Autumn Equinox Food Shelf Suggestions

No pork products (e.g. pork & beans)

Rice/lentil mixes	Muffin mixes
Canned tuna	Peanut butter
Pasta mixes	Cookie mixes
Dry pasta	Packaged cookies
Pasta sauce	Graham crackers
Canned vegetables	Taco shells
Oatmeal	Taco sauce
Dry cereal	Canned beans
Canned soup	Fruit juice
Applesauce	Baby Formula
Canned fruit	