

Autumn Equinox Food Shelf Suggestions

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

Canned tuna	Baby Formula	Applesauce
Rice/lentil mixes	Peanut butter	Canned fruit
Pasta mixes	Jam	Fruit juice
Dry pasta	Oatmeal	Quickbread/muffin mixes
Pasta sauce	Dry cereal	Cookie mixes
Canned beans	Crackers	Evaporated Milk
Canned vegetables	Graham crackers	Flour
Shelf-stable soups	Packaged cookies	Sugar
Vegetable/Chicken broth	<i>Some fun treats like chocolate are OK, too!</i>	Vegetable oil
Taco shells		Olive oil
Taco sauce		