

WHEN YOU PICK UP YOUR NEW BAG

EACH WEEK

Tier 1	Tier 2	Tier 3
Fruits like apples, oranges, bananas, and Dole fruit cups	, , , , , , , , , , , , , , , , , , , ,	Breakfast items like retail sized boxes of cereal, tea and coffee
Meal cups like ramen noodles, mac and cheese or mashed potato cups		Pantry Items like Peanut Butter, Jelly, Nutella, Honey and Coffee Creamer
Breafast items like Poptarts, oatmeal cups, pancake cups, and cereal cups		Meal items like Campbells Soups and Kraft meal Bowls
Meal prep items like dried pasta, tuna, rice mixes		Snack items like Jerky and Keebler Cookies
Beverages like soda, bottled water, Gatorade		
Snack items like Pringles, Brownie Brittle, Takis, Bugles, Chex Mix, Kind Bars, Lenny's Cookies		

