

LUNCH FOOD

(Eat before you shop!)

Recommended Food

- Tortillas
- Bread (w/ bread box)
- Pringles (cans are great for storing other foods, too)
- Granola Bars or Cereal Bars
- Energy Bars or Energy Bloks
- Cheese slices (individually wrapped)
- Block of cheese
- Velveeta cheese
- Crackers (see Pringles can)
- Dried Fruits
- Fruit rolls or fruit chews
- Jerky
- Nuts
- Tuna pouches
- Drink mixes

Spreads

- Peanut butter (squeeze tubes)
- Jelly/jam (squeeze tubes)
- Mayo & mustard packets
- Taco sauce packets (Taco Bell or Del Taco)

Candy & Junk Food

- Oreos (see Pringles can)
- Gummy stuff
- Candy bars
- M & Ms
- Jolly Ranchers or other hard candy
- GORP (you can make your own)
- Chocolate covered raisins or nuts
- Pop Tarts

Heavy Stuff

- Oranges or other fresh fruit
- Fruit cups
- Pudding cups
- Hostess cakes
- Hot Dogs or Hard salami

* Approx. 1/2 lb. a day is *more* than enough. You can make daily lunch bags in small ziplocks to conserve weight & space. Remember, shop on full stomach!