

Food box filler suggestions

Canned goods (fruits, vegetables, beans, soups, meats, etc.)

Applesauce and fruit cups

Cereals

Oatmeal

Pasta, macaroni and cheese

Pasta sauce

Rice mixes, hamburger helper, tuna helper

Dried beans, rice

Instant potatoes

Peanut butter

Crackers, cookies, snacks

Granola bars

Trail mix

Pancake mix, syrup

Baking mixes

Bread

Powdered milk

Drink mixes

Condiments

Paper towels

Toilet paper

Soap, shampoo, conditioner

Deodorant

Toothbrushes and toothpaste

Feminine hygiene products

Dish soap, small packages of laundry detergent

Winter modifications

We've found that items are typically okay in the boxes when the highs during the day are above freezing, even if it dips below freezing overnight. Once temperatures are consistently below freezing however, we cannot have cans or glass containers in the boxes as they will expand and eventually burst. Peanut butter containers are typically fine. Bags of frozen fruit or veggies are fine to go in the boxes as long as the temperatures will remain well below freezing for an extended period of time. Pouches of tuna are also a good alternative to cans, and bagged soup mixes can take the place of canned soup. I also found that hats and gloves disappear quickly from the boxes in the winter. I wouldn't stuff a lot of clothing in there, but those items are small and very much needed in the colder months.