



Alpha Kappa Alpha Sorority, Incorporated®



SUGGESTED FOOD ITEMS FOR POWER PACKS

*** All items must be non-refrigerated and require only water when making the meal**

Breakfast

Full Box or Single-Serve Cereal
Instant Oatmeal
Granola Bars
Cereal Bars
Individually Wrapped Muffins
Shelf Stable Milk
Juice Boxes

Lunch

Boxed Macaroni and Cheese
Ramen Noodles
Pouches or Cups of Instant Rice
Canned and/or Boxed Pasta
Canned Soups
Canned Chili
Canned Meats (such as tuna, chicken, etc)
Canned or Individual Cups of Vegetables

Snacks

Individual Packaged Fruit Cups and Fruit Snacks
Individual Applesauce Cups
Individual Packaged Crackers (such as animal crackers, graham crackers, etc)
Meat Snacks (such pepperoni, beef jerky, turkey jerky)
Bags of Pretzels, Popcorn or other snacks