



FULL TUMMY SHOPPING GUIDELINES

▶ BREAKFAST

Individual boxes of cereal
Cereal/breakfast bars
Ready to eat oatmeal with fruit cups
Poptarts

LUNCH/DINNER

Vienna Sausages
Peanut butter/cheese crackers
Chef Boyardee Pop-Top Meals
Spaghetti-Os
Ready to eat soups (not condensed)
Beanee Weenees
Easy Mac

▶ SNACKS

Fruit cups/ applesauce cups
Raisins or other individually packaged dried fruit
Trail mix or nuts
Granola bars
Fruit chews
Single serve packs of crackers
(Goldfish, wheat thins, teddy grahams, etc)

www.thefulltummyproject.org

This is just a list of ideas! We welcome variety!

REMEMBER: Items **MUST** be in single serve packaging, easy to open, and ready to eat without any preparation! We are unaware of conditions at home (microwave availability and/or adult supervision).
Please send only 100% Juice boxes or shelf stable milk. 