

# LITTLE FREE PANTRY SUMMER BREAK SUGGESTIONS

*Feed kids! Promote play!*

## BREAKFAST

Cereal  
Instant oatmeal in single serving packages  
Bagels  
Pop tarts

## LUNCH/DINNER

Bread	Baked beans
Peanut butter and other nut butters	Jelly
Soup	Tuna/chicken salad
SpaghettiOs/Canned ravioli	Easy mac
Pitas, pizza sauce, shelf stable parmesan	Ramen noodle cups
Pre-assembled brown bag lunches: PB&J, apple, drink, single serve pack cookies	

## HEALTHY

Canned fruit / Fruit cups	Applesauce
Dried fruits: raisins, craisins, banana chips	Dehydrated veggie chips
Nuts	Bottled water
Sunflower, pumpkin seeds	Juice / Gatorade
Granola bars	Whole Grain Fig Newtons
Trail mix without chocolate	

## SNACKS

Capri sun/juice boxes	Popcorn
Pop ice/Otter pops	Pretzels
Granola bars	Vanilla wafers
Pudding cups	Snack crackers: Goldfish, Cheezits
Peanut butter crackers	Chips and salsa
Fruit snacks	

## SUMMER SUPPLIES

Sunscreen  
Band-aids  
First aid ointment  
Toothpaste/toothbrushes  
Feminine hygiene products

## FUN

Bubbles	Fun Dip
Squirt guns	Water balloons
Sidewalk chalk/paint	Old Maid, Uno, Go Fish
Frisbees	Candy necklaces
Jump ropes	Paper
Playing cards	Coloring Books/Markers