



# Blizzard Bags



**American  
Red Cross**  
of Central New Jersey

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Each package should contain the following **shelf stable, low sodium and low sugar** items:

2 Protein  
2 Starch  
4 Vegetable  
1 Soup  
1 Dessert

Please do not use any glass jars. Place all items in a brown paper bag inside a plastic bag with handles. **Thank You.**

**2**

Canned Fish (tuna, salmon) *low sodium preferred*  
Canned meat (chicken) *low sodium preferred*  
Peanut butter  
Canned beans (chickpeas, lentils, navy beans, kidney beans, baked beans)  
Canned chili  
Canned Ravioli

**2**

Individual packets of oatmeal, cream of wheat, instant grits  
Small boxes of unsweetened cereal  
Instant mashed potatoes  
Crackers, *unsalted and whole grains preferred*  
Peanut butter or cheese crackers  
Cereal bars, granola bars, breakfast bars, *low sugar preferred*

**4**

Canned Vegetables  
Canned fruit, *packed in water preferred*  
Applesauce

**1**

Chunky soups, *low sodium preferred*  
Beef stew, *low sodium preferred*  
Vegetable soup, *low sodium preferred*  
Minestrone soup, *low sodium preferred*  
Ramen noodles, *low sodium preferred*  
Cup-of-soup, *low sodium preferred*

**1**

Prepackaged low sugar, lite or low-fat pudding snacks

\*Please check expiration dates since this food is intended to be stored and not used immediately. **Thank You.\***