

The *survival* **Mom** Handy No-Cook Foods

Whether you're putting together an emergency kit for your vehicle, your kids, or just want to keep some foods on hand at home that don't require cooking or refrigeration, here's a list to get you started.

- MRE's (heat sensitive)
- Energy bars (high calorie)
- Almonds and other nuts
- V-8 juice
- Canned pasta
- Gatorade mix
- Plastic utensils/metal cup
- Cocoa mix
- Peanut butter
- Jerky
- Dried fruit
- canned fruit
- Applesauce/fruit cups
- Fruit leather
- Rice cakes
- Pilot bread/Triscuit
- Hard candies
- Tuna packs
- Cookies
- Crackers
- Cheese spread in jars
- Pudding cups
- Instant coffee, if ya just gotta have it!
- Packets of dry milk
- Breakfast bars
- Sunflower seeds