



# Disaster

# readiness - response - recovery

## Ideas for “No-Cook” Food Bags

If you need to put together “no-cook” bags of foods, consider the following foods. If people lack refrigeration, consider container size when choosing foods like soups and juices. Make sure the foods can be eaten in one sitting. If people don’t have access to hot water, don’t choose foods that require hot water, like instant hot cereal.

### **Bread, Cereal, Rice, and Pasta Food Group**

Bread  
Crackers  
Granola bars  
Breakfast bars and pastries  
Pastries  
Cold cereal  
Canned noodle soups  
Instant noodle soups

### **Vegetable Food Group**

Vegetable soup  
Tomato soup  
Cans of tomato, carrot, or vegetable juices

### **Fruit Food Group**

Cans of fruit  
Boxed fruit juices  
Cans of fruit juice

### **Meat, Poultry, Dry Beans, and Nuts Food Group**

Canned tuna, salmon, clams, shrimp, sardines, pork and beans, chili, stew, ravioli, spaghetti, meat spreads, and chicken  
Peanut butter  
Nuts and seeds  
Jerky  
Dried meat sticks (that don’t need to be refrigerated after opening)

### **Calcium-Rich Foods**

Powdered milk  
Cocoa mix  
Canned evaporated milk  
Shelf-stable boxes of milk  
Snack puddings  
Parmesan cheese  
Snack packages of cheese and crackers

### **Other Foods**

*Although the following have little nutritional value, they may be important to families.*  
Instant coffee  
Tea bags  
Bouillon  
Candy  
Potato chips  
Snack-size containers of flavored gelatin  
Sugar

## **Perishable Foods**

*The following perishable foods may be available. They are suitable as long as they will be used promptly.*

### **Vegetable Food Group**

Fresh carrots

Fresh bell peppers

Cucumbers

## **Fruit Food Group**

Apples

Pears

Oranges

Grapefruit

Other firm, fresh fruit



Adapted by North Carolina Cooperative Extension Specialists at NC State University from material developed by Washington State University Cooperative Extension's Food Bank Special Dietary Needs Project.