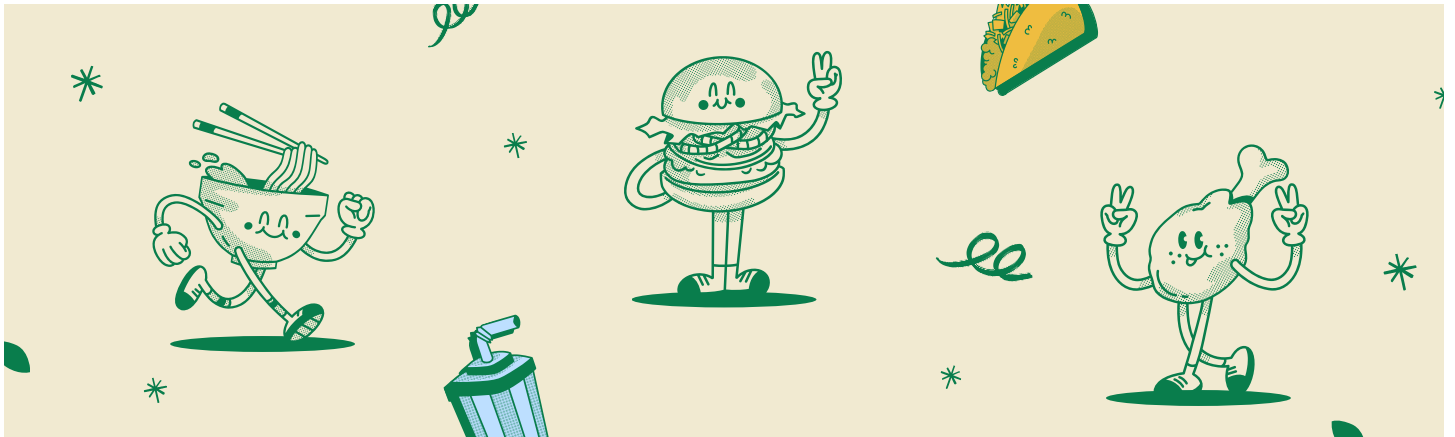


Blessyn Melody Foundation

2908 Audrey drive suite-100 Gastonia, North Carolina 28054

List of Food Groups



Grains

- Rice (white, brown, or wild)
- Pasta (spaghetti, macaroni, etc.)
- Oats or oatmeal
- Quinoa, barley, or other grains
- Cereal (low-sugar options preferred)
- Flour (all-purpose or whole wheat)
- Crackers (whole grain or low sodium)



Protien

- Canned tuna, salmon, or chicken
- Dried or canned beans (black beans, chickpeas, kidney beans, etc.)
- Peanut butter or other nut butter
- Nuts and seeds (almonds, sunflower seeds, etc.)
- Shelf-stable tofu

- Protein or granola bars
- Canned stews or chilli



Dairy (Shelf-Stable or Refrigerated)

- Powdered milk
- Shelf-stable milk or milk alternatives (soy, almond, oat milk)
- Cheese (block or shredded)
- Yoghurt (if refrigeration is available)



Fruits

- Canned fruits (packed in juice or light syrup)
- Applesauce (unsweetened)
- Dried fruits (raisins, cranberries, etc.)
- Fruit cups
- 100% fruit juice (boxed or bottled)



Vegetables

- Canned vegetables (low-sodium options)
- Tomato products (diced, paste, or sauce)
- Shelf-stable vegetable juice
- Dehydrated vegetables (potatoes, soup mixes, etc.)



Fats and Oils

- Cooking oil (vegetable, olive, or coconut oil)
- Butter or margarine (shelf-stable options)
- Salad dressings



Snacks

- Crackers or pretzels

- Popcorn (low-fat or plain)
- Trail mix
- Cookies or biscuits



Baking and Cooking Essentials

- Sugar (white, brown, or powdered)
- Salt, pepper, and other spices
- Baking soda and baking powder
- Broth or stock (chicken, beef, or vegetable)
- Canned or boxed soups



Miscellaneous

- Tea or coffee
- Baby food or formula
- Condiments (ketchup, mustard, mayonnaise)
- Meal kits (shelf-stable complete meal options)

Items for Consideration:

- ☐ Special dietary options: gluten-free, low-sodium, vegan, or diabetic-friendly foods.
- ☐ Non-food essentials: hygiene products (soap, toothpaste, feminine products, etc.), cleaning supplies, or pet food.