



**WOMEN'S  
EMPOWERMENT**

**Women's Empowerment non-perishable snacks list**

We like to keep non-perishable snacks on hand for our students and graduates who may be in need of food. We emphasize non-perishable snacks because they don't need to be eaten immediately, and can be rationed if needed. ***We ask that donated snacks have not been opened, and are not past their expiration date.***

Below are a few ideas of popular snacks that we like to give out.

1. Chickpea snacks
2. Freeze dried fruit
3. Popcorn
4. Granola Bars
5. Protein Bars
6. Rice Cakes
7. Nuts
8. Fruit Cups
9. Single Serve Oatmeal
10. Peanut Butter Crackers
11. Crackers
12. Tuna Packets
13. Protein Shakes
14. Apple Sauce
15. Natural Real Fruit Bars
16. Peanut Butter Packets
17. Pretzels
18. Raisins/Dates
19. Fig Bars
20. Trail Mix
21. Beef Jerky

