

Thank you for creating a REACH Giving Bag.

Each bag when complete should contain:

- 1 box of cereal
- 2 cans of vegetables
- 2 cans of fruit
- Rice
- Spaghetti Noodles
- Pasta sauce
- Peanut butter
- Jelly
- 2 soup cans
- 1 box of instant mashed potatoes
- 1 Can of tuna or Chicken
- Apple sauce
- Oatmeal

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- 2 cans of vegetables
- 2 cans of fruit
- Rice
- Spaghetti Noodles
- Pasta sauce
- Peanut butter (sun butter in place of peanut butter for peanut allergies)
- Jelly
- 2 soup cans (depending on the soup could have many allergens. Just plain chicken or beef broth could be added to other ingredients like the vegetables and canned chicken in an allergen household)
- 1 box of instant mashed potatoes
- 1 Can of tuna or Chicken
- Apple sauce
- Oatmeal (flavored varieties could contain allergens)

Nut allergies are typically called tree nut allergies. Check the packaging to make sure that it is not processed in a facility that processes products with nuts. It will list it if it does. The nut most companies and people miss is the coconut. Please check for coconut in the products also.