

# **WHAT TO BRING**

## **For yourself**

- **Beach towel**
- **Sunscreen**
- **Fun!**
- **Running Shoes**
- **Water Bottle**

## **For CORA**

- **2 Breakfast items**
  - **Granola bars**
  - **Individual boxed cereals**
  - **Individual oatmeal packages**
- **1 Dinner Meal**
  - **Pasta, macaroni, or noodles**
  - **Spaghetti sauce**
  - **Taco Dinner Kits**
  - **Canned Vegetables**
  - **Tortillas**
  - **Bag or Dried Beans**
  - **Bags of rice**
  - **Chicken or Tuna Helper (with a can of chicken or tuna)**
- **2 Lunch items**
  - **Chicken or Tuna salad kit**
  - **Microwave meals or soups**
  - **Individual mac & cheese packs**
- **2 Snack Items**
  - **Fruit cups, applesauce, or canned fruits**
  - **Individual chip snack bags**
  - **Individual packs of peanut butter**