

FINISH WITH THE RIGHT STUFF

NON-PREISHABLES EVERDAY FOODS

Snacks

- Tinned fruit (in natural juice)
- Popcorn (unsalted, air-popped)
- Reduced fat custard powder
- Plain nuts
- Frozen or dried fruit
- Rice or corn crackers

Tinned/canned

- Beans & chickpeas
- Canned fish or meat
- Tinned or frozen fruit
- Tinned or frozen vegetables

Meals

- Frozen fruit slices
- Bean salad
- Chilli Bean
- Baked potato with toppings
- Tuna and sweetcorn sandwich or wrap
- Soup (cook a big batch at the beginning of the season and freeze. Reheat on game days)
- Pasta

Packets (to cook/prep)

- Jelly
- Custard powder
- Pasta
- Rice
- Lentils / beans / peas

