



Tempe Community Action Agency



Go-Bag Items

- Electrolyte Drinks (Gatorade, Powerade, Mineral Water, etc...)
- Pop-top protein cans (Tuna, Chicken, Salmon)
- Bagged tuna (single-serve tuna that comes in metal lined bags)
- Non-condensed, pop-top soups
- Single serve applesauce/canned fruit/plastic fruit cups
- Small, plastic jars of peanut butter
- Ritz (or "off-brand" Ritz) crackers
- Graham crackers