



Meals in the Field

SHELF-STABLE FOODS

While shelf-stable foods can be more expensive and create more trash, these foods provide the convenience of needing no preparation or refrigeration.



Healthier Ideas

Fruits & Vegetables

- Fresh fruit in its own peel, like apples, bananas, and oranges
- No-sugar-added dried fruit, such as raisin and dried plums
- Unsalted or reduced-sodium dried vegetables, such as mushroom "jerky," beet chips, and sweet potato chips

Protein

- Unsalted or less-sodium nuts and seeds, such as almonds, peanuts, soy nuts, and sunflower seeds
- Cheese crisps (cheese dehydrated into a round cracker shape)

Grains

- 100% whole grain crackers
- 100% whole grain breads and bread products like bagels
- Lower-sugar dry cereals (made with whole grains)

Snacks

- Trail mix with fruit and/or nuts
- Snack/granola bars with fruit, nuts, and/or whole grains
- Lower-sugar protein bars

Sweets

- Cookies made with whole grains

For more ideas, see the "**Individually-Packed Foods**" list on the next page.



Illinois Extension

UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN





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Individually-Packed Foods

Individually packaged foods add a level of convenience in pre-portioning.

Healthier Choices include...

Fruit

- Unsweetened applesauce cups
- Fruit cups (in 100% juice)
- 100% juice (in individual bottles)

Vegetables

- Vegetable cups, such as carrots and green beans*
- Olive cups

*these products are shelf-stable and microwaved to heat up.
As they are fully cooked, they could be eaten at room temperature, if desired.

Dairy

- Shelf-stable dairy or plant-based milk (usually in 8-ounce aseptic packaging)

Grains

- Lower-sodium, lower-sugar pre-popped bags of popcorn

Protein

- Reduced-sodium jerky, meat sticks, or meat bars
- Reduced-sodium chicken, tuna, or salmon (in foil-pouches)
- Peanut butter (in individual cups)



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