



# No-Cook Kit



Prep time: varies

Cook time: varies

Total Time: varies

Serves: 4

## Kit Items:

- 4 fruit cups
- 4 veggie cups
- 4 milks
- 4 chicken salad pouches
- 4 cereal cups

Mobile  
Market  
Ingredients

## Cooking Utensils / Appliances:

- Canned meals and veggies can be heated in the microwave or by stovetop (do not put can in microwave)

## Approximate Measurements

