A Newsletter for the Members and Friends of Bethesda Presbyterian Church

Bethesda



Beacon

DECEMBER 2025/JANUARY 2026

IN THIS ISSUE

Bethesda's Activities/Announcements Presbyterian Women Bethesda Christian School Youth & Christian Education December-January Birthdays December-January Calendar Prayers

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God With Us

"When mankind reaches to God, we call it religion... When God reaches down to mankind, we call it Christmas,"

Saints,

Advent invites us to wait...not with anxiety, but in a spirit of wonder. In these weeks leading up to Christmas, we prepare our hearts to receive again the incredible promise of Emmanuel "God with Us!" It is the mystery that changes everything, that the Creator of all things stepped down from the glories of heaven and into our world. Not in power and glory, but in humility and love.

In a season that can feel hurried and heavy, Advent reminds us to slow down, to breathe deeply of hope, peace, joy, and love. Each candle we light on the Advent wreath, draws us closer to the One who is the true Light of the Word. As we gather in worship, serve our neighbors, and share life together, we are reminded that God is not distant...God is with us. God is with us in our celebrations. God is with us in our struggles. God is with us in our laughter. God is with us in our longing.

We hope you will join us each Sunday during Advent and hope that you will bring family and friends with you on Christmas Eve as we have two opportunities to worship and celebrate the wonder of God With Us. Share with your neighbors:

Celebrate Christmas Eve at Bethesda Presbyterian Church here in Camden, SC!

Join us as we celebrate the wonder of *God With Us* this Christmas Eve! Experience the beauty of the season through Scripture, song, and candlelight as we welcome the light of Christ into the world.

3:30 PM – Modern Candlelight Service

A contemporary celebration with carols led by a band and a welcoming, family-friendly atmosphere in Westminster

5:30 PM – Classic Candlelight Service

A traditional service featuring hymns, Scripture readings, and timeless carols in Westminster Hall.

Come as you are and share in the hope, peace, joy, and love that Christ brings. All are welcome—we can't wait to celebrate with you!

Grace & Peace,

Rev. Patrick D. Cherry, Transitional Pastor

ACTIVITIES/ANNOUNCMENTS

CHRISTMAS EVE WORSHIP SERVICE

Wednesday, December 24th at 3:30pm

Contemporary in Westminster

&

5:30pm

Traditional in Westminster



We will have a Christmas get together on Sunday, December 21st at 10:00am. We can all meet and greet and rejoice the birth of our Savior. Bo will lead us with a Carol Sing—so come to Westminster Hall and enjoy fellowship and a song and a morsel!

Angel Tree
Gifts are due back
by
Sunday, December 7

HOLIDAY SUNDAY SCHOOL SCHEDULE

There will be no Sunday School On December 21 & 28



BINGO

Thursday, January 15 at 10am in McArn Hall

PRIZES!!!!

IMPORTANT NOTICE!

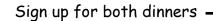
All worship services and related activities will be held in Westminster Hall until further notice due to structural damage in the sanctuary.

You will receive an email explaining the details from Pastor Patrick.

DRIVE-THRU DINNER FUNDRAISERS

Thursday, December 4th & January 8th from 5-7pm

\$10 donation per plate





CHRISTMAS PROGRAM AND SUPPER



WEDNESDAY, DECEMBER 17 5:45PM WESTMINSTER HALL



SUPPER: CHILI AND DESSERT
PLEASE RSVP BY SUNDAY, DECEMBER 14

FROM YOUR DOME

I wish you all a HAPPY THANKGGIVING, MERRY CHRISTMAS & HAPPY NEW YEAR!

Wow... it is hard to believe this is our *last* Beacon newsletter (and my last article) of the year—2025! As I do each year, I want to use this final article to look back and remember many of the wonderful programs, ministries, events, and mission efforts that God has allowed us to be part of here at Bethesda.

For over **200 years**, God has faithfully provided for and blessed Bethesda Presbyterian Church. What a privilege to know that our Great and Loving God chooses to use *you and me—our* church family—as instruments in His mighty, caring hands to reach others with the Gospel through both words and good works.

Let's take a few moments to reflect on just some of what God has done among us this year. I pray it reminds you, encourages you, and blesses your heart... and most importantly, that it brings *glory to our Father who is in Heaven*.

Matthew 5:16 – "Let your light so shine before men, that they may see your good works and glorify your Father who is in Heaven."

Here are just a **few** of the many of the programs, activities, events, and missions / ministry of the year...

1) Vacation Bible School - "TRUE NORTH: Trusting JESUS in a Wild World"

- **85 volunteers** (adults & youth) served as the hands and feet of Jesus.
- 118 children filled our campus during the week with praise, singing, laughter, and joy.

Over \$1,400 raised for our Global Mission Project, helping provide warm clothing and blankets to needy families in North America.

Bethesda—thank you for your prayers, your giving, your time, and your talents. Only God knows the eternal impact made for His Kingdom!

- <u>2) FUGE Youth Summer Camp</u> 19 youth and 6 adult chaperones joined hundreds of other youth from all over the southeast in a spiritual five-day retreat at Southern Wesleyan University (near Clemson, SC). Our students experienced: Dynamic worship, in-depth Bible study, small groups, breakout sessions, recreation & games, fellowship and fun with hundreds of other youth. This trip continues to build strong spiritual foundations and unites our BYG as a family in Christ.
- <u>3) Bethesda BLAST (Bible Learning And Singing Together)</u> Every Wednesday afternoon 15 children, 16 youth, and 13 adult volunteers (on average) gather for children's choir, Bible lessons, prayer, and youth participate in missions Our youth and several adult volunteers deliver **7 meals weekly** (on average) to homebound members.
- <u>4) Sunday School & RISE Service</u> What a blessing to see children, youth, and adults gathering weekly to worship, sing, study an discuss God's Word. The fellowship we enjoy together is such an encouragement.
- <u>5) BYG Bethesda Youth Group</u> Each Sunday night from 5:30 7:30pm the youth (15-17 on average) gather for a time of recreation and games, enjoy a delicious dinner together provided by parents or church groups, fun, fellowship, and Bible study lesson.
- <u>6) Fall Festival & Trunk or Treat</u> Thank you church family for ALL the candy, delicious baked goods, decorated trunks (rooms due to rain), and your joyful participation. You showed up big—and it was a HUGE success! Congratulations to **Mummy Trophy Winner:** The Campbell Family Ryan, Megan, Charlie & Rory and **Youth Division Winners:** Avary Barnett & Rebecca Marchessault

Yearly Missions & Ministry Offerings

- 1) <u>Mission Trip To West Virginia</u> Bethesda took a group of 8 people to serve in the 3rd poorest county of the USA where we did home repairs and saw 2 people dedicate their lives to Christ because of the direct impact the mission teams have had. Students grew deeper in their own faith as they spent a week serving others.
- 2) <u>International Mission Trip to Abaco</u>, <u>Bahamas</u> Bethesda took a group of 10 people to Abaco, Bahamas where we worked on 5 different homes helping families who had been living out of their vehicles and couch surfing since hurricane Dorian in 2019. We were able to assist with sustainable farming efforts to help the homeowners be able to provide their own fresh food. We helped with a youth group there at Abaco and were able to worship alongside the locals on Palm Sunday. It was such a blessing to everyone involved.
- 3) <u>Thornwell Children's Home</u> \$680 (and counting...one more week of collecting!). As a Christian ministry, Thornwell exists to provide safe and nurturing environments where they feed, clothe, educate, counsel, equip, encourage, and support children and families. Started by a Presbyterian minister at First Presbyterian Church in Clinton, SC, William Jacobs, for nearly a century-and-a-half, Thornwell continues to meet the call for help from society's most vulnerable children and families in need.
- 4) <u>Sacks of Love</u> Over \$3,000 (plus lots of food items donated). Feeding 26 local children each weekend and during school breaks (holidays). Thank you for buying food, packing sacks, and delivering them to the schools to be delivered to the needy students.
- 5) Operation Christmas Child 278 Shoeboxes! We surpassed last year's record of 224! Plus: \$2,658 raised for shipping. Thank you to Lisa Woolard and the PW Women for leading this year-round effort. We are taking a group to the OCC Distribution Center in Charlotte, NC on Thurs, Dec. 9th. Contact Brent if you'd like to participate.
- 6) <u>Angel Tree</u> 24 Children Adopted. These "angels" are right here in our community (Midway Elementary). Thank you for helping these children/families by providing Christmas presents for them.
- 7) Souper Bowl of Caring \$2,516 Collected. 100% of that money stays right here in Kershaw County to help feed the hungry through the ministry of Food for the Soul. Also, the youth and several adults visited Food for the Soul to deliver the check and food donations, stocked food items on shelves, met/visited/prayed with the residents, and helped served them a meal.
- 8) <u>Blessing Boxes</u> Providing items like food, blankets, and sanitation products for those in need. Blessing Boxes provide access to food, blankets, sanitation, and other supplies to people who may be experiencing homelessness or those in need here in Camden, SC. Church members can donate items and place in bin labeled "Blessing Boxes" in McArn Hall. Also, there are currently six blessing box locations in the area: The Humane Society, the Camden Library, the Camden Police Department, Piggy Wiggly, Bethel Worship Center and the Kershaw Sheriff's Department.
- 9) <u>Sunday School Offering for our THREE "adopted" International Children</u> Our children, youth, and adult Sunday School classes take up weekly offering during the SS hour. We have collected over \$2,000 for HOLT & COMPASSION INTERNATIONAL which are the agencies supporting: 1) *Andres Diaz* (12 yrs old) lives in Colombia (South America), 2) *Zhao* (17 yrs old) lives in China, and 3) *Ming Zhi* (19 yrs old) lives in China.
- **10)** Homebound Meal Ministry \$2,500 Collected An offering for this ministry is taken up one month (4 weeks every Sunday that month) every year through our Sunday School ministry and other generous donors. Meals are delivered weekly during BLAST by youth and several adults to some of our homebound church members. The meal is nice, but the homebound members appreciate the meaningful visits even more! Thank you, church family, for giving financially, prayerfully, and through service.

Total Sunday School Mission Giving: Over \$4,000 collected during 2025! - As a Sunday School (children youth, and adults) we have collected over \$4,000 for our monthly missions / ministry opportunities! May God use what you have generously and graciously given to help others in their time of need. To God be the Glory! Thank you, Sunday School Classes!

A Final Word of Thanks

These programs, activities, ministries, & mission projects take lots of time, effort, commitment, dedication, and finances to function so successfully. Amy Carmichael once said, "You can give without loving, but you cannot love without giving." Thank you, Bethesda Church, for loving God and loving others (which Jesus said were the two greatest commandments) and for living out Matthew 5:16, "In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven." – "SHINE JE-SUS LIGHT!"

I thank God for placing me here at Bethesda Presbyterian Church with such a loving, supportive, and generous church family. I praise Him for the many ways God blessed us in **2025**, and I trust—by faith—that He will continue to bless us and do great things in and through Bethesda in **2026**.

From my heart to yours—

MERRY CHRISTMAS & HAPPY NEW YEAR!

Brent Kendall



OUR 5th SUNDAY POTLUCK LUNCHEON HAS BEEN RESCHEDULED From November 30th to January 25th

Immediately following worship service

Share a meal together at round tables while reflecting on meaningful moments from BPC's history—from heroes who shaped our church to crises that revealed our true character. This is the next important step in our transitional work together as we collect information for the Clarity Project Pastor Patrick presented last month at the Church Town Hall meeting.



CHRISTMAS DECORATING











PRESBYTERIAN WOMEN

Dear Ladies,

I want to thank all of you for your prayers, financial support, and physical help with filling the shoeboxes for Operation Christmas Child. Each box contains the gospel in their native language plus lots of fun toys and supplies. We filled 264 boxes, which was 14 more than our goal! It's a year-long endeavor and I truly appreciate the ladies who participated in this great mission work.

As I am writing this article, I am anticipating a big turnout to help Elizabeth Reams decorate the church for Christmas. It is always a thrill for me to see the beautiful transformation our church undergoes at Christmas.

We will have our annual Christmas luncheon on December 9th at 11:30 at Lugoff House of Pizza. They have a varied menu and enough room to accommodate a large crowd. So, please join us and enjoy a devotional by Babs, good food, and great fellowship!

Looking ahead, the PWCT will meet on December 3rd and January 5th. Our first circle of the year will be on January 13th.

Hoping you all will be able to enjoy this Christmas season and able to focus on God's goodness!

Lisa Woolard

DIRECTOR OF CHILDREN AND YOUTH MINISTRY

Hello Bethesda Family!

What a ride in November for our children and youth. The younger kiddos have been working diligently to learn new music in BLAST for the upcoming Christmas Pageant. We are really proud of their progress and they have learned so much about prayer as a spiritual discipline and King David's example of honest and open conversations with God. Our youth have been visiting and praying with our homebound Bethesda family then learning about what it means to live out their faith in daily life. The youth just finished a Bible study series on how Jesus made an impact on individuals called "One at a Time" and we are following that with another series on the Christian film, "To Save a Life". The youth also partnered with our Presbyterian Women to pack the shoeboxes on November 16th and as I write this, 276 boxes are being dropped off at one of the collection places in Camden. Way to go BETHESDA!!!! That is 276 children who will receive a Christmas package that includes a Bible and be able to start or deepen their relationship with Jesus.

Looking ahead....

We have a lot going on in the world of Children's and Youth Ministry in December and January so I'm going to list the highlights:

- 1. December 4th- Missions Meal, Chicken Bog, PLEASE market this and get orders from any one you know who may not be apart of Bethesda! RSVPs due on Dec 2nd.
- 2. December 7th- BYG serves at Food for the Soul 5-7pm, be at Bethesda parking lot at 5pm
- 3. December 9th- Mini Mission Trip to Charlotte's Operation Christmas Child warehouse, contact Brent for details
- 4. December 14th- BYG Christmas Party/Gift exchange off campus, 5-8pm, be at Bethesda parking lot at 5pm, gifts \$10 or less
- 5. December 17th- BLAST last one of 2025 AND Christmas pageant/church dinner at 5:45 pm, PLEASE be sure to RSVP via the bulletin inserts/to me/or calling the church office. The kiddos cannot wait to share the story of Christmas with fellow Bethesdans 🔝 🛕
- 6. December 21st- NO Sunday School, church-wide Christmas sing-along and fellowship in Westminster followed by 11am worship.

December 24th- CHRISTMAS EVE Worship at 3:30pm in Westminster Hall for modern and kidfriendly worship AND-Traditional Worship candle light service at 5:30pm in Westminster Hall. **nursery provided for both services

As always, please continue to keep our young people in your prayers. Thank you for loving them well and supporting the next generation of Christ followers. Please feel free to reach out anytime if you have any questions, constructive suggestions, or concerns.

In Christ, Hannah Winstead Dear Bethesda Member and Family,

We pray for you often and have an invitation to share with you!

On January 2nd-3rd, 2026, our youth are planning a weekend called SERVE and would love for you to be involved by allowing us to serve you. If possible, a small group of youth along with an adult would like to visit for about 30-60 minutes (or longer), according to your needs.

We hope that you will prayerfully consider this informal (no gloves or hats necessary J) opportunity. Then, please reply by finishing the bottom portion of this form and placing it in the offering plate or dropping it off to us by Sunday, December 7th. This will help us plan this special weekend.

After we receive your reply, we will contact you to confirm our visit.

Thank you so much for your dedication and prayers for our church. We hope to hear from you.

With Love,

Hannah Winstead & the Youth of BPC	

Please **circle** as many *statements that apply for you:

- Help with technology- cell phone, tablet, etc.
- Taking down / packing away Christmas decorations
- Yard work
- Changing light bulbs or reaching high places
- Light dusting, especially ceiling fans and high places
- Visiting and sharing stories
- I'm unable to participate but commit to praying for the weekend. Other

Time frame that best suits you (please circle one):

- Late morning
- Early afternoon
- Late afternoon _____

SERVE participant signup link:

https://docs.google.com/forms/d e/1FAIpQLSdAECZv45cE1tTJf65O3ckV8Pa3UAJOYxrkbZJHrth3orNjoA/viewform?usp=header







YOUTH MEAL MINISTRY





BLAST





NEW MEMBERCindy Abernathy



OPERATION CHRISTMAS





BETHESDA CHRISTIAN SCHOOL THANKSGIVING PROGRAM

BETHESDA CHRISTIAN SCHOOL

We had a wonderful November with our Thanksgiving Program and collecting for Operation Christmas Child. We were able to pack 6 boxes for Operation Christmas Child. We are thankful that we get to help spread the love of God to children who might not know Him. In December, our precious families get to help with the church's angel tree. What a joy to be able to love on families in our community. We are looking forward to our Christmas Program and Christmas break. We will start the process of registration in January for our 2026-2027 school year! Can you believe it?!? It has been a wonderful school year so far. We are thankful for our little school, teachers and families that God has blessed us with this year. Merry Christmas and Happy New Year!





Operation Christmas Child Mission Trip to Charlotte, NC

Bethesda Youth Group (BYG) and adult volunteers have been going to the **Operation Christmas Child Shoebox Distribution Center** in Charlotte, NC for 9 years. We help pack, inspect, sort, scan, load, and ship out thousands of shoeboxes filled with items and toys for children living in impoverished countries / living conditions all across this world in time for Christmas.

Everyone over the age of 13 is invited to participate! It is scheduled for Tuesday, Dec. 9th.

You MUST get an "invitation" to register. **Contact Brent Kendall if you want to participate**. He will send you a link from Samaritan's Purse / Operation Christmas Child. You will click on that link to make your reservation. It is very easy. I hope you will plan on going! It is a wonderful ministry and we have a lot of fun serving the Lord (and others) in this way.

Thank you and let me know if you would like to go.

Shine Jesus' Light, Brent Kendall Matthew 5:16





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1:00 Congregational Care	2 11:00 Worship 4:00 CE	3 10:00 PWCT 2:30 BLAST 5:30 Handbells 6:00 Outreach 7:00 Adult Choir	4 5-7pm Drive-Thru Dinner	5 10:00 Property	6
7 2nd Sunday of Advent 9:15 RISE 9:45 SS 11:00 Worship 2:00 Elder Training 5:00 BYG	8	9 11:30 PW Luncheon 3:30 Shoebox Trip	10 2:30 BLAST 5:30 Handbells 7:00 Adult Choir	11	12	13
3rd Sunday of Advent 9:15 RISE 9:45 SS 11:00 Worship 1:30 Session 5:00 BYG	15	16 7:30 Men's Breakfast	17 2:30 BLAST 5:45 Christmas Pageant/Dinner 7:00 Adult Choir	18 9:30 BCS Christmas Program in Westminster Hall	19	20
21 4th Sunday of Advent 9:15 Fellowship/Carol Singing 11:00 Worship	22	23	24 3:30 & 5:30 Christmas Eve Services CHURCH OFFICES CLOSED	CHURCH OFFICES CLOSED	26	27
28 9:15 RISE 11:00 Worship	29	30	31 CHURCH OFFICES CLOSED			







2026

		Wednesday	Thursday	Friday	Saturday
			1 Church offices closed	2 8:30-5:00 SERVE 2026 Youth Mission 10:00 Property	3 8:30-2:00 SERVE 2026 Youth Mission
5 10:00 PWCT 1:00 Congregational Care	6 11:00 Worship 4:00 CE	7 7:00 Adult Choir	8 5-7pm Drive-thru meal	9	10
12	13 10:30 PW Circle	14 2:30 BLAST 7:00 Adult Choir	15 10:00 BINGO	16	17
19	20 7:30 Men's Breakfast	21 2:30 BLAST 7:00 Adult Choir	22	23	24
26	27	28 2:30 BLAST 7:00 Adult Choir	29	30	31
	10:00 PWCT 1:00 Congregational Care 12	10:00 PWCT 1:00 Congregational Care 11:00 Worship 4:00 CE 12 13 10:30 PW Circle 19 20 7:30 Men's Breakfast	10:00 PWCT 1:00 Worship 7:00 Adult Choir 10:00 Congregational Care 4:00 CE 14 12 13 14 10:30 PW Circle 2:30 BLAST 7:00 Adult Choir	S	SERVE 2026 Youth Mission 10:00 Property

Please check your weeky bulletin for any changes or additions to each







DECEMBER BIRTHDAYS

1.	Freddie Myers
4.	Jennifer Barfield
	Lee Delperdang
	Patty Roberts
	John Hungerford

- 5. Judy Martin
- 10. Olivia Cobb
- 12. Charlie Campbell Ron Mays
- 13. Maggie Wilcox

- 14. Melanie Newman
- 15. Van Blank Billy Young Edwin Guy
- 17. Rebecca Stokes Jim McLeod
- 19. Becky Shealy
- 20. Edie Wood
- 22. Van Kornegay Jane Clyburn

- 23. Lyn Wooten
 - MacKenzie Ammons
- 24. Patrick Cherry
- 26. Jody Munnerlyn
- 28. Madelyn Huggins
- 29. Shannon Ammons

JANUARY BIRTHDAYS

- 1. Kennedy Beam
- Linda Shaylor Josiah Kendall
- 7. Frank Harp Frankie Mahoney
- 8. Ed Holland
- 9. Bob Bates
 Pat Clithero
 Boo Hallman
- 10. Angie Guy
- 11. David Woolard
- 13. William Winstead

- 15. Spencer Blank
- 16. Erline Vaughan Ann Sailors
- 17. Robbie Hinson
- 19. John Shaylor
- 20. Trey O'Bradovich
- 21. Eva Marie Conley
- 23. Thomas Woolard
- 24. DeLaine Pearson Victor Jowers

- 26. Jo McLeod Jean Woodmansee
- 27. Avery Floyd
- 29. Ann Denton Katie Pope
- 30. Billy Watkins Kathryn Watkins
- 31. Eric Rundlett





IN OUR THOUGHTS AND PRAYERS

During this time of transition, please pray for Bethesda and its leadership.

MEMBERS: Susan Marshall, Baynard Boykin, Carol Meckstroth, Judy Martin, John Shaylor, Ken Mays, Roy Isaacson, Sally Huntley, Erline Vaughan, Jennifer Barfield, Tommy Gaffney, Helen Young, Kitty Sheorn, Art Delperdang

FRIENDS AND FAMILY: Anna Vaughn Manly (cousin of the Thomas'), Judy McAbee (Lisa Woolard's mother), Barbara Cecil (Carolyn Drake's sister), Diane Alexander (friend of Mike Eddings), Clint Baxley (Stephanie Batten's brother), Betty Carges (family friend of Jim & Jo McLeod), Huntley Duryea (The Windham's nephew), Clair Orvin (friend of Jan Massalon), Nina Bell (Doug Bell's sister-in-law), Paul Davis (friend of Freddie and Louise Myers), Colette Hearon (friend of the Floyds), George Carder (Jo McLeod's cousin), Mike Mays (Bob Mays' son), John Kennelly (friend of Angie & Lindsay Guy), Rev. Tim Erskine, Sophie Butcha (friend of the Satterwhites), Rory Gaffney 3 (Tommy & Elizabeth Gaffney's grandson), Nick Lindsay (Karen Lindsay's brother), Susan Didato (friend of the Deals), Donna Dabbs (friend of Mary Carol Sanders)

MILITARY: Hamilton Matthews (friend of Marc & Kathryn Jones), Matthew Palmer, Clay Higgins (Grandson of Emily Jones, nephew of the Deals and Joneses), Jonathan & Laurie VanEtten (Pam & Bill Nettles' daughter and son-in-law)

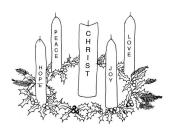


Bethesda Presbyterian Church

502 DeKalb Street Camden ,SC 29020

Return Service Requested

DECEMBER 2025-JANUARY 2026





We currently provide Sacks of Love for 20 students at Camden High School. This is a very rewarding way to help hungry children in our community by donating the items listed below. Please contact Kathleen Hughes at 843-729-1842 or kchughes51@gmail.com if you can help.

Monetary donations are greatly appreciated and needed at this time due to the increase in students and the cost of groceries.

Food List for Sacks of Love

All should be individual serving sizes with pop-tops or tear-off lids.

- Vienna sausage
- Tuna, canned or pouch /Chicken, canned or pouch
- Pork, canned or pouch
- Spam in individual tear-open pouches
- Beanie Weenies
- Chili or chili & beans
- Spaghettios, Beefaroni, or other pasta foods (7 or 7 ½ oz size)
- Individual serving of fruit (cups/cans)
- Peanut butter or cheese filled crackers (6 cracker packs are best)
- Pop Tarts
- Granola breakfast bars
- Peanuts, cashews, sunflower seeds
- 8 oz. Juice boxes
- Pudding Cups & Jell-o Cups
- Ramen Noodles
- Hot chocolate (pouches)

- Small bags of pretzels, animal cookies, or other individually wrapped cookies or cakes
- Beef Jerky (Slim Jims)
- Raisins
- Single Serve Soups
- Cup of Soup
- Bagels or muffins (individually wrapped)
- Pasta Cups, Mashed Potato Cups, Mac and cheese cups
- Breakfast bars like Belvita or generic brand
- Canned vegetables (many come in individual or smaller can sizes
- Dinty Moore Complete Meal (several varieties and it's a complete meal)
- String Cheese (for Calcium) shelf stable
- Yogurt (Gogo Squeez Yogurtz) are shelf stable