



# Free Little Pantry

## *Shopping Suggestions*



### *Proteins*

- **Canned meats:** chicken, ham, spam, corned beef
- **Fish (canned or packets):** tuna, salmon, sardines
- **Nut / seed butter:** peanut, almond, sunflower
- **Shelf stable cheeses:** parmesan, cheese spreads
- **Shelf-stable meats:** pepperoni summer sausage
- **Jerky:** mushroom, beef turkey
- **Assorted nut mixes or trail mix**
- **Protein bars**

### *Fruits & Vegetables*

- Apple sauce
- Dried fruit: mango, cranberries, raisins
- Canned fruit: mandarins, peaches, pineapple
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc.
- Pizza sauce (cans or jars)
- Baby food (jars or pouches)

### *Soups & Stocks*

- Soups (boxed or canned: tomato, chicken, vegetable, beef stew, cream of ect.)
- Broth or stock
- Canned chili

### *Milks & Beverages*

- Shelf stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice

### *Grains & Carbs*

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Beans (canned or dry): pinto, black, cannellini
- Tortillas
- Cereal & granola (boxes or bars)
- Rice cakes, crackers, pretzels, goldfish, popcorn
- Pudding or jello
- Mac & cheese boxes

### *Non-Food Items*

- Dog / cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste
- Alcohol-free mouthwash
- Shampoo & conditioner
- Sun block and SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- First aid supplies
- Cleaning supplies

### *All Pantry Items must be:*

- Shelf stable (non-perishable)
- Sealed / unopened
- Able to withstand high temperatures