Faulkner County Jrban Farm Project

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

Soups & Stocks

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

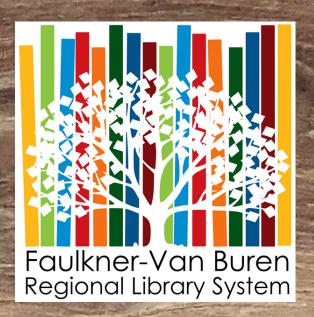
Milks & Beverages

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

Fruits & Vegetables Grains & Carbs

- 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)

- Rice: instant packages, bags
- Tortillas
- Cereal & granola (boxes or bars)
- popcorn
- Pudding or jello
- Mac & cheese boxes



 Pasta: spaghetti, linguine, penne, macaroni Beans (canned or dry): pinto, black, cannellini

Rice cakes, crackers, pretzels, goldfish,

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