

LITTLE FREE 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
- Assorted nut mixes
- 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, etc.
- Pizza Sauce (cans or jars)
- Baby food (jars or pouches)

Grains & Carbs

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Beans (canned or dry): pinto, black, cannellini
- Shelf stable pizza crust
- Tortillas
- Cereal & granola (individual packages or boxes)
- Cereal bars & granola bars
- Trail Mix
- Crackers
- Rice cakes
- Pretzels
- Popcorn (kernels or microwaveable)
- Pudding or Jell-O cups

Soups, Stocks, & Broth

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom
- Broth or stock (boxed or canned): beef, chicken, vegetable

Boxed Entrees

- Mac & cheese boxes
- Canned chili
- Campbell's Ready Meals

Milks & Beverages

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

Non-food Items

- Dog/ cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sw1 block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-Aid supplies
- Cleaning supplies

All Pantry Items Must Be:

- Shelf stable (non-perishable)
- Unopened / Sealed
- Unexpired