

Suggested Food Pantry Items

Grain

- Pasta & Rice Side Dishes
- Canned Pasta (Beefaroni, Lasagna, Spaghetti O's, etc.)
- Dry Pasta & Noodles
- Boxed Macaroni & Cheese
- Boxed or Packaged Potato Dishes (scaloped, mashed, etc.)
- Boxed Helper Meals (tuna, chicken, hamburger, etc.)
- Cold Cereal
- Pancake Mix
- Crackers
- Bread

Protein

- Canned Meat (tuna, chicken, ham, beef, etc.)
- Canned Chili
- Canned Stew
- Canned Meat Soups (with at least 9g of protein)
- Peanut Butter

Vegetables & Fruits

- Canned Vegetables
- Canned Fruit

Miscellaneous

- Condiments (ketchup, mustard, salad dressing, relish)
- Pancake Syrup
- Jelly & Jams
- Cake Mixes & Icing

Personal & Household Items

- Bath Tissue
- Paper Towels
- Tissues
- Laundry & Dish Soap
- Shampoo & Conditioner
- Deodorant

Special Focus Items

- October: Stuffing, Canned Pumpkin, Cranberry Sauce, Gravy, Broth
- November: Flour, Sugar, Baking Powder, Powdered & Brown Sugar, & other baking supplies