



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: beef, turkey
- Assorted nut mixes
- Protein bar

Fruits & Vegetables

- Apple sauce
- Dried Fruit: mango, cranberries, raisins
- Canned Fruit: mandarins, pineapple, mixed*
- Individual Fruit Cups
- Jam/Jelly: grape, strawberry, etc*
- Fruit strips or gummies
- Canned Vegetables: green beans, peas, carrots, tomatoes, corn, veg-all, etc.
- Pizza Sauce (cans or jars)
- Pasta/Spaghetti Sauce*
- Baby food (jars or pouches)

Grains & Carbs

- Pasta: spaghetti, linguine, penne, macaroni*
- Rice: instant packages, bags*
- Potatoes: Instant, Canned*
- 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 (microwavable or kernels)
- Pudding or Jello cups
- Pancake Mix

Soups, Stocks, & Broths

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, etc.
- Broth or Stock (boxed or canned): chicken, beef, vegetable

Boxed Entrees

- Mac & Cheese boxes
- Canned Chili
- Campbell's/Hormel Ready Meals
- Hamburger/Tuna Helper

Milks & Beverages

- Shelf-stable milks*
- Powdered or condensed milk
- Coffee/tea
- Water bottles
- Juices (bottled or boxes)
- Drink Mixes (lemonade, tea, kool-aid)*

Other

- Spices & Seasonings*
- Cake Mix/Frosting
- Dry Cookie mix
- Muffin mix
- Cornbread mix

All Pantry items must be:

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

*Highly requested item