



### Proteins

- Canned Meats: chicken, ham, spam, corned beef, vienna sausages
- Fish (canned or packets): tuna, salmon, sardine
- 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
- Fruit Jelly: grape, strawberry
- Fruit strips or gummies
- Canned Vegetables: green beans, peas, carrots, tomatoes, corn, veg-all, etc.
- Pizza Sauce (cans or jars)
- Baby food (jars or pouches)

### Grains & Carbs

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Beans (canned preferred): pinto, black, cannellini
- Shelf stable pizza crust
- Shelf Stable 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

### 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

### Milks & Beverages

- Shelf-stable milks
- Powdered or condensed milk
- Water bottles
- Juices (bottled or boxes)

### Milks & Beverages

- Shelf-stable milks (regular & alternatives)
- Powdered or condensed milk
- Coffee/tea
- Water bottles
- Juices (bottled or boxes)

### All Pantry items must be:

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