

Little Free Pantry Shopping Suggestions

Proteins

- Canned meats
- Canned chili
- Fish (canned or packets): tuna, salmon, sardines
- Nut/seed butter: peanut, almond, sunflower
- Shelf-stable meats or Jerky
- Assorted nut mixes

Fruits & Vegetables

- Applesauce
- Dried Fruit
- Canned Fruit
- Fruit strips or gummies
- Canned vegetables
- Pizza Sauce
- Baby Food

Grains & Carbs

- Pasta
- Mac & Cheese
- Rice
- Beans: canned or dry
- Shelf stable pizza crust
- Tortillas
- Cereal & Oatmeal
- Granola & Granola Bars
- Chips
- Crackers
- Popcorn
- Pretzels

Soups and Stocks

- Soups: boxed or canned
- Broth or Stock: boxed or canned

Milks & Beverages

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water
- Juice Boxes

Non-Food Items

- Cat and Dog Food
- Socks
- Rain Gear
- Baby Wipes & Diapers
- Deodorant
- Toothpaste & Alcohol-free Mouthwash
- Shampoo & Conditioner
- Sunblock
- Toilet Paper
- Feminine Hygiene Products
- Sanitizer Sprays & Wipes
- Gloves
- First-Aid Supplies
- Cleaning Supplies