

- **Pantry Items**

- Applesauce
- Canned or dried fruits
- Beans (canned or dried)
- Canned/packaged beef stews
- Canned chicken
- Canned chili
- Canned tuna/salmon
- Canned soup
- Canned tomato products
- Canned vegetables
- Condiments (ketchup, mustard, mayonnaise)
- Salad dressing
- Evaporated milk
- Shelf-stable milk
- Powdered milk
- Cereal
- Granola bars
- Granola
- Honey
- Instant breakfast drinks
- Pancake mix
- Syrup
- Jelly/Jam
- Juice (shelf stable)
- Oatmeal
- Peanut butter
- Pudding (boxed or snack pack)
- Raisins
- Nuts/Seeds
- Crackers
- Rice
- Pasta
- Pasta sauce
- Macaroni & Cheese
- Ramen noodles
- Pasta and rice meal prep. Items (Hamburger Helper, Rice a Roni, etc.)

- Instant potatoes
- Gravy (jar or instant)
- Sugar
- Flour
- Salt/pepper
- Oils (vegetable, olive, etc.)
- Muffin mix
- Cake mix
- Low sodium food items
- Gluten free food items

- **Essential Needs**

- Baby food
- Diapers (all sizes)
- Baby wipes
- Infant formula
- Dish soap
- Laundry detergent
- Paper towel
- Toilet paper
- Toothpaste
- Toothbrushes
- Deodorant
- Soap
- Shampoo
- Feminine hygiene products
- Adult absorbent briefs
- Adult wipes
- Bottled water (large and small)