
LITTLE FREE PANTRY

SHOPPING LIST SUGGESTIONS

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: mushroom, beef, turkey
- Assorted nut mixes
- Protein bars

Fruits & Vegetables

- Apple sauce
- Dried fruit: mango, cranberries, raisins
- Canned fruit: mandarins, peaches, pineapple
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables: green beans, peas, corn, carrots, tomatoes, 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 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 (kernal or microwaveable)
- Pudding or jello cups

Soups, Stocks, & Broth

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom
- Broth or stock (boxed or canned): beef, chicken, veggie

Boxed Entrees

- Mac & cheese boxes
- Canned chili
- Cambell's Ready Meals

Milks & Beverages

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

Non-food Items

- Dog / cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-Aid supplies
- Cleaning supplies

All pantry items must be:

- Shelf-stable (non-perishable)
- Sealed
- Able to withstand high temperatures in summer and low temperatures in winter

Buy (and encourage others to buy) duplicates of whatever you already buy. If you eat/use it, so will someone else. Further, grocery shopping is a habitual activity. If to get "the right thing" we must go down an aisle we don't usually shop, we probably won't.

If you experience sticker shock when browsing an item, it should go inside! Diapers, feminine hygiene products, canned protein...these things are expensive and important.

Any item you would not want accessible to children shouldn't go inside.

