

Little Rec Food and Book Pantry
Revised Pantry Food Items List

Proteins

- Canned meats: chicken, ham, spam, corned beef packed in water is best
- Fish (canned or packets): tuna, salmon, sardines • Nut / seed butter: peanut, almond, sunflower

Fruits & Vegetables

- Dried fruit: mango, cranberries, raisins
- Canned fruit:
- 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
- Able to withstand high temperatures

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

Milks & Beverages

- Shelf-stable almond or soy milk • Powdered or condensed milk

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**