

# FOOD PANTRY LIST

WE ARE ABLE TO STORE A SMALL AMOUNT OF COLD ITEMS IN THE PTSO FRIDGE THE WEEK BEFORE WE GIVE OUT THE FOOD BOXES. . WE WOULD LIKE TO PROVIDE FAMILIES WHO RECEIVE OUR BOXES WITH ALL THE INCREDIENTS NEEDED TO MAKE FULL MEALS. THIS LISTS ALSO INCLUDED LESSER DONATED ITEMS WHICH WOULD BE VERY HELPFUL. SOME OF THESE ITEMS WILL BE PACKED SEPARETLY AND AVAILABLE UPON REQUEST AS LONG AS WE HAVE SUPPLIES. WE WILL UPDATE THE LISTS AS WE RECIEVE DONATIONS OR LEARN MORE ABOUT WHAT OUR COMMUNITY NEEDS, SO CHECK BACK OFTEN!

## **CANNED MEALS:**

- CHILI W/ POP TOPS
- BEEF STEW W/ POP TOPS
- CANNED RAVIOLI OR SPAGHETTI W/ POP TOPS

## **BOXED STAPLES:**

- POWDERED/BOXED MILK
- OATS
- CANNED MILK
- RICE-A-RONI
- PASTA (OTHER THAN SPAGHETTI NOODLES)
- STOVE TOP STUFFING
- CEREAL (ESPECIALLY KINDS KIDS LIKE)
- CAKE MIX AND FROSTING
- INSTANT MASHED POTATOES
- PANCAKE MIX

## **MEAL ENHANCEMENTS:**

- COOKING OIL (OLIVE, VEGETABLE)
- SPICES (CONSIDER A VARIETY PACK)
- SALT & PEPPER SHAKERS

## **SWEET TREATS:**

- CHOCOLATE CHIPS
- MARSHMALLOWS
- FLAVORED COFFEE CREAMER
- SYRUP

## **HOUSEHOLD ITEMS:**

- CAN OPENERS
- DISHWASHING LIQUID

**PERSONAL CARE:** FEMININE HYGIENE PRODUCTS

ITEMS ALWAYS NEEDED:

### **NON-PERISHABLE FOOD:**

- CANNED FRUITS
- CANNED VEGETABLES
- SAUCES- SPAGHETTI, ALFREDO, PESTO
- ASSORTED PASTAS
- TORTILLA SHELLS

## **BAKING ESSENTIALS:**

- SUGAR (WHITE, BROWN, POWDERED)
- FLOUR (AP, SELF-RISING, BREAD, GLUTEN FREE)

## **BEVERAGES:**

- TEA BAGS
- COFFEE (INSTANT OR GROUND)
- BODY ARMOR
- BOTTLED WATER

## **PROTEIN SOURCES:**

- NUTS
- CANNED CHICKEN
- PEANUT BUTTER

## **FRESHNESS & PRODUCE:**

- FRESH FRUIT AND VEGETABLES
- SEEDS FOR PLANTING
- BREAD

## **COLD ITEMS:**

- HAMBURGER MEAT
- CHICKEN
- DAIRY (MILK, CHEESE)
- BUTTER OR MARGARINE
- EGGS

## **THOUGHTFUL EXTRAS:**

- HOLIDAY-THEMED ITEMS OR BIRTHDAY THEMED ITEMS (DECORATIONS, FESTIVE NAPKINS, ETC)
- PIE CRUSTS AND FILLING
- PREPACKAGED CHIPS AND SNACKS

ITEMS **NOT** NEEDED:

- CHICK PEAS

PLEASE KEEP IN MIND WE WILL BE FEEDING FAMILIES AS WELL AND OUR GOAL IS TO PROVIDE MEALS THE CHILDREN WILL EAT, SO THEY DON'T GO HUNGRY. WE WANT TO TRY AND GIVE THESE CHILDREN THE OPTION OF FOOD THEY WILL ENJOY EATING!