

CANNED GOODS

- Canned vegetables (corn, green beans, peas, carrots, etc.)
- Canned fruit (in juice, not syrup)
- Canned beans (black, pinto, kidney, refried, etc.)
- Canned soups, stews, or chili
- Canned tuna, chicken, or salmon
- Canned pasta (like ravioli or spaghetti)
- Canned tomatoes or tomato sauce

DRY GOODS & GRAINS

- Rice (white, brown, or instant)
- Pasta or noodles
- Boxed macaroni and cheese
- Instant mashed potatoes
- Stuffing mix
- Dry beans or lentils
- Oatmeal or instant oats
- Breakfast cereals or granola

SHELF-STABLE PANTRY ITEMS

- Peanut butter or other nut butters
- Jelly or jam
- Crackers
- Shelf-stable milk (boxed or powdered)
- Pancake mix (and syrup)
- Baking mixes (muffin, cornbread, brownie, etc.)

CONDIMENTS & STAPLES

- Cooking oil (vegetable, olive, or canola)
- Salt, pepper, and spices
- Sugar
- Flour
- Ketchup, mustard, or mayonnaise (shelf-stable versions)

SNACKS & EXTRAS

- Granola bars or protein bars
- Trail mix or nuts
- Dried fruit
- Applesauce cups or fruit cups
- Popcorn
- Instant coffee, tea bags, or hot cocoa mix

OPTIONAL NON-FOOD ITEMS

- Paper towels or toilet paper
- Soap or hand sanitizer
- Toothpaste and toothbrushes
- Feminine hygiene products
- Baby wipes and diapers