

# Little Free Pantry Shopping Suggestions



## NorthRidge Free Pantry

### Proteins

- Canned meats: chicken, ham, Spam, corned beef, Vienna sausages
- Fish (canned or pouches): Tuna, salmon, sardines
- Nuts and seeds
- Nuts and seed butters
- Shelf-stable cheese: parmesan, cheese spreads
- Shelf-stable meats: pepperoni, summer sausage, jerky
- Protein bars

### Fruits and Veggies

- Apple sauce
- Dried fruit
- Canned fruit and fruit cups
- Fruit strips or gummies
- Canned vegetables
- Pizza sauce in cans or jars
- Baby food jars or pouches

### Grains and Healthy Carbs

- Pasta
- Rice: Instant, microwavable, bulk
- Beans: Canned or dry
- Shelf-stable pizza crust
- Tortillas
- Cereal and granola
- Cereal and granola bars
- Crackers
- Rice Cakes
- Pretzels
- Popcorn: kernels or microwavable

### Soups, Stocks, & Broth

- Canned or boxed soups, stocks, or broths

### Boxed

- Mac and cheese
- Canned chili
- Suddenly Salad
- Rice-a-Roni
- Hamburger or Tuna Helper

### Milks and Beverages

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

### Non-Food Items

- Dog and cat food
- Socks
- Rain gear
- Baby wipes and diapers
- Deoderant
- Toothpaste
- Shampoo & Conditioner
- Sun block
- Toilet paper
- Tampons and pads
- Sanitizer sprays or wipes
- First-Aid supplies
- Hats and gloves (Winter)
- Cleaning wipes

### ***All pantry items must be:***

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

***Consider organic when possible!***