

Little Free Pantry

Shopping 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 and Vegetables

- Applesauce
- 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 (kernels or microwavable)
- 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
- Campbell's 'Ready Meals'

Milk & Beverages

- Shelf-stable cow's milk, 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 ITEMS MUST BE SHELF STABLE
AND SEALED.**

Little Free Pantry

Meal Kit Ideas

The Picnic Basket

pickled items (okra, artichokes, olives, pickles, etc.), crackers, cheese spread, summer sausage, pepperonis, canned or dried fruit

Italian Meal

pasta sauce, noodles, parmesan, banana peppers, pizza crust, pizza sauce, pepperoni, olives, olive oil, balsamic vinegar, crackers

Drive-In Movie

popcorn, jerky, granola bars, rice cakes, Trail Mix, M&Ms, crackers, fruit strips, nut mix, pretzels, cheese spread

Kids Snack Pack

mac-n-cheese, apple sauce, pudding cups, fruit strips, granola bars, water bottles, popcorn, Trail Mix, baby food, pepperoni, crackers, juice boxes

Crunchy Breakfast

oatmeal, dried fruit, seeds/nuts, condensed or powdered milk, granola, canned fruit or apple sauce

Soup's On

carton or canned soup, canned veggies, cornbread mix or crackers, canned fruit

Kid-Friendly Breakfast

cereal bars, granola bars, Pop Tarts, individually packaged cereals, powdered/condensed milk, dried or canned fruit

Chili Dogs

canned chili, Vienna sausages, cheese spread, an onion, crackers/ tortillas/hot dog buns

Tuna Noodle Casserole

canned tuna, noodles, canned cream of celery/mushroom soup, French onions, crackers or chips

Chicken Casserole

canned chicken, noodles, canned cream of chicken/cheddar soup, French onions/crackers

Irish Bake

canned corned beef, canned potatoes x2, cream of mushroom soup, French onions/crackers

Mexi Chicken & Rice Bake

canned chicken, Mexican rice packet, cream of chicken/cheddar soup, can of Rotel/tomatoes, canned corn, black beans, green chilies, salsa, hot sauce

Chili Mac Bake

Canned chili, macaroni noodles, Velveeta/cheese spread, canned veggies, canned fruit

ALL ITEMS MUST BE SHELF STABLE AND SEALED.