



FOOD PANTRY CHECKLIST

CANNED/JARRED FOOD

- Peanut Butter/ Nut Butter
- Jelly/Jam
- Meat (SPAM/ham)
- Chicken
- Fish
- Beans
- Vegetables
- Fruit/Applesauce
- Soups/Stew/Chili
- Broth
- Gravy
- Pasta/ Pasta Sauce

BEVERAGES

- Coffee
- Tea
- Hot Chocolate
- Juice (Plastic bottles)
- Juice boxes
- Iced Tea
- Lemonade

STAPLES

- Cooking Oil
- Cooking Spray
- Salt/Pepper
- Flour
- Honey/Agave
- Sugar
- Mixes (Pancakes, Waffles, Bread, Cake, etc.)
- Vinegar
- Dried Herbs and Spices
- Condiments (Ketchup, Mustard, Mayo, Barbecue Sauce, syrup, etc.)
- Salad dressing

BOXED/BAGGED FOOD

- Cereal/Oatmeal
- Pasta/Ramen
- Rice/Quinoa/Couscous
- Dried Beans
- Mac & Cheese
- Stuffing
- Instant Mashed Potatoes
- Meals in a Box
- Crackers, Cookies, Chips, Popcorn, Pretzels
- Nuts
- Granola/Protein Bars
- Beef Jerky
- Baby Food

HOUSEHOLD PRODUCTS

- Toilet Paper
- Paper Towels
- Tissues
- Napkins
- Ziplock Bags
- Trash Bags
- Sponges

TOILETRIES & FEMININE PRODUCTS

- Body Wash
- Bar Soap
- Hand Soap
- Face Wash
- Baby/Kids Soap
- Shampoo
- Conditioner
- Toothpaste
- Mouth Wash
- Dental Floss
- Tampons
- Maxi Pads
- Panty Liners
- Depends
- Diapers
- Pull Ups
- Baby Wipes
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PET SUPPLIES

- Dog Food (wet, dry)
- Cat Food (wet, dry)
- Kitty litter

