

# 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 & Vegetables

- Apple sauce
- 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 Sauces (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 microwaveable)
- 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

## Milks & Beverages

- Shelf-stable 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 PANTRY ITEMS MUST BE:

- Shelf-stable (non-perishable)
- Sealed
- Able to withstand high temperatures.
- NOT EXPIRED

**DONATIONS MUST BE  
DEPOSITED IN THE LOBBY BY  
SUNDAY, OCTOBER 15, 2023**