

# Pantry Wish List



PROTEIN	GRAINS
Canned tuna or salmon Chicken, ham, or turkey (fresh, lunch meat, or canned) Chili Soup Canned or dried beans (lentil, kidney, pinto, black, baked, chickpeas, etc.) Nut Butter (peanut butter, almond butter, etc.) Nuts (mixed, almond, salted, unsalted, etc.) Protein Bars	Brown rice Whole grain pasta Stuffing Macaroni & Cheese Hamburger/Tuna helper Crackers (whole grain, low sodium, etc.) Hot cereal (oatmeal, cream of wheat/rice, etc.) Cold cereal (unsweetened) Infant cereal
VEGETABLES	FRUIT
Fresh, frozen, or canned peas, corn, broccolie, carrots, green beans, etc. Salad (lettuce, spinach, etc.) Tomato products (pasta sauce, diced, etc.) Mushrooms Canned or boxed otatoes Infant friendly vegetables (baby food)	Fresh or frozen (berries, bananas, apples, etc.) Unsweetened applesauce Canned peaches, pears, pineapple, etc. Dried Fruit (apples, raisins, prunes, craisins, etc.) Jelly Infant friendly fruit (baby food)
MILK	
Fresh mile (1%, skim, etc.) Canned Evaporated Milk (1% or skim) Powdered Milk Shelf stable milk Canned or boxed soy, almond, coconut, or rice milk Infant Formula	

\* We strive to provide the best quality and nutritionally-balanced foods we can; please help us by buying low-sugar, low-fat, and low-sodium foods

\* We serve individuals as well as families; please buy smaller sizes for **Needs inc.** to distribute to any size home.

# Thank You