JACKSON'S PANTRY

NCCF The National Center For Children and Families

Food Pantry Shopping List

1. **Grains:**
   - Rice
   - Pasta
   - Oatmeal
2. **Breakfast**
   - Little Bite Muffins
   - Pop Tarts
   - Cereal
3. **Protein Sources:**
   - Canned tuna or chicken (with pop-top lids)
   - Beef jerky or other meat snacks
   - Nut butter squeeze packs (peanut butter, almond butter)
   - Protein bars or shakes
   - Soup (vegetable, chicken noodle, etc.)
   - Dried beans (black beans, pinto beans, lentils, etc.)
4. **Fruit**
   - Shelf-stable or dried fruits (raisins, apricots, fruit cups)
   - Shelf-stable canned fruit
5. **Condiments and Sauces:**
   - Pasta sauce
   - Salad dressing
   - Mayonnaise
   - Mustard
   - Ketchup
6. **Ready-to-Eat Meals:**
   - Canned meals (such as ravioli, chili, stew)
   - Pasta or Rice Packets
   - Ready-to-eat soups (with pull-tab lids)
   - Instant noodles or ramen (cup noodles that can be prepared with hot water)
   - Nutrient-dense meal replacement bars
7. **Snacks:**
   - Granola bars
   - Cereal Bars
   - Sandwich Crackers
   - Fruit Snacks
   - Trail mix
   - Single-serve applesauce or fruit pouches
   - Crackers (Saltines, Ritz, etc.)
8. **Beverages:**
   - Bottled water
   - Shelf-stable juice boxes or pouches
   - Instant coffee or tea packets (individual servings)
   - Gatorade
9. **Miscellaneous:**
   - Plastic utensils (spoons, forks)
   - Reusable water bottles
   - Manual can openers
   - Laundry Detergent
   - Toilet Paper
   - Paper Towels
   - Lysol Wipes
   - Cleaning Supplies
   - Disinfectant Sprays