

Peanut butter
Whole wheat pasta,
Healthy breakfast cereal,
Canned soups, chili, stew
Canned pork & beans
Hamburger helper
Tuna helper
Brown rice

Corn bread mix
Canned carrots, corn
Canned pears, peaches,
apricots, mandarin
oranges, pineapple

Jams, jellies
Muffin mix
Dried fruit

Pasta sauce
Tomato sauce
Tomato soup
Kidney beans
Canned beets

Canned peas, green
beans, chilies, spinach,
okra, asparagus, etc.
Lime jello

Pouches or cans of
tuna, salmon, shrimp
Grapefruit juice or
canned grapefruit

Black Beans
Black Bean Soup
Wild rice mix
Olives
Raisins

Food Pantry Shopping List

