

FOOD PANTRY SUGGESTIONS FOR SPRING AND SUMMER

As the weather warms up, the items that can be added to the Food Pantry change. We can add some variety.

BUT -

**They must be shelf-stable (non perishable)
They must be sealed.**

**They must be able to withstand high
temperatures.**

Plastic containers are safer and preferred.

PROTEINS:

- * Canned meats: chicken, ham, spam, corned beef,
- * Fish (canned or packets): tuna, salmon, sardines
- * Nuts / seed butters: peanut, almond, sunflower
- * Shelf stable cheese: parmesan, cheese spreads
- * Shelf-stable meats: pepperoni, summer sausage
- * Jerky: mushroom, beef, turkey
- * Assorted nut mixes
- * Protein bars

FRUITS & VEGETABLES:

- * Applesauce (plastic containers or individual containers)
- * Dried fruits: mango, cranberries, raisins
- * Canned fruits: peaches, pineapple, pears,
- * Individual fruit cups
- * Fruit strips or gummies
- * Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc.
- * Pizza sauce: cans or jars (plastic jars best)
- * Baby food plastic jars or pouches

GRAINS & CARBS:

- * Pasta: spaghetti, linguine, penne, macaroni, rings,
- * Rice: instant packages, bags,
- * Beans (canned or dry), pinto, black, cannelloni

- * Shelf stable pizza crust
- * Tortillas
- * Cereal & granola (individual) packages or boxes)
- * Cereal bars & granola bars
- * Trail Mix (be careful of the ones with chocolate in the heat)
- * Crackers
- * Rice Cakes
- * Pretzels
- * Popcorn - bagged kernels or microwaveable)
- * Pudding/Jell-O cups (not the ones that require refrigeration!)
Pudding and Jell-O also come in boxes
- * Ramen Noodle cups

SOUPS, STOCKS & BROTH:

- * Soups (boxed or canned) tomato, chicken noodle, beef stew, vegetable, cream of mushroom (or cream of whatever)
- * Broth or stock (boxed or canned): beef, chicken, veggie

BOXED ENTREES:

- * Mac & cheese (not too many)
- * Canned chili
- * Ready meals

MILKS & BEVERAGES:

- * Shelf stable almond or soy milk
- * Powdered or condensed milk
- * Water bottles
- * Juice boxes
- * Flavor packets for the water (they come boxed or as drops)

NON-FOOD ITEMS

- * dog/cat food
- * Socks
- * Deodorant (no aerosol cans!)
- * Shampoo & Conditioner
- * Toilet paper
- * Paper Towels
- * Soap bars
- * Baby Wipes & Diapers
- * Band-aids
- * Sun screen (NO aerosol cans)

- * Neosporin (store brands work, too - and are cheaper)
- * Feminine hygiene products
- * Toothpaste & toothbrushes
- * Sanitizing wipes

FUN STUFF:

- * sidewalk chalk
- * bubbles
- * Play-Dough
- * Seeds (some may be able to do a small container garden)

OTHER IDEAS:

- * Consider adding a recipe with ingredients needed for the meal
(Or just a quick recipe)
- * Salt & pepper, some simple spices
- * stick some extra coupons in an envelope

*Continue to pray for those who need and use our
pantry.*

*Pray that God will continue to enable us to meet
their needs -
to feed both body and soul.*