

Canned Goods

- Canned vegetables (corn, green beans, peas, carrots)
- Canned fruit (in juice or light syrup)
- Canned soup (ready-to-eat or condensed)
- Canned chili or stew
- Canned beans (black, pinto, kidney, baked)
- Canned tuna or salmon
- Canned chicken
- Canned pasta (e.g., Chef Boyardee)
- Canned tomato sauce or diced tomatoes

Dry Goods & Staples

- Pasta (spaghetti, macaroni, penne)
- Rice (white, brown, instant)
- Dry beans or lentils
- Boxed macaroni and cheese
- Instant potatoes
- Ramen noodles
- Stuffing mix
- Boxed meal helpers (Hamburger Helper, etc.)

Baking & Breakfast Items

- Pancake mix and syrup
- Cereal (boxed or instant oatmeal)
- Baking mixes (muffin, cake, cornbread)
- Flour and sugar (smaller bags preferred)
- Shelf-stable milk (boxed or powdered)
- Cooking oil (vegetable or canola)

Condiments & Extras

- Peanut butter
- Jelly or jam
- Salt and pepper
- Spices (basic blends, cinnamon, etc.)
- Salad dressing
- Ketchup, mustard, mayonnaise (squeeze bottles preferred)

Snacks & Miscellaneous

- Crackers (saltines, graham, etc.)
- Granola bars
- Trail mix or nuts
- Pudding cups
- Applesauce (individual or jars)

Tips for Collection:

- Focus on **low-sodium** and **low-sugar** items if possible.
- Ensure all items are **unopened**, **not expired**, and **well-packaged**.
- Include **gluten-free** or **diabetic-friendly** options if you're able.
- Consider adding **personal care items** (e.g., soap, toothpaste) if the pantry accepts them.