

# PRINCE OF PEACE LUTHERAN CHURCH LITTLE FREE PANTRY

## SHOPPING SUGGESTIONS

PROTEINS-canned tuna, salmon, chicken, ham, spam, corned beef. Nut butters (peanut, almond, etc.)

Shelf stable cheeses (Parmesan, Velveeta), meats like pepperoni, summer sausage, jerky.

Protein bars

FRUITS AND VEGETABLES-applesauce, canned fruit, fruit cups, dried fruit, fruit strips.

Canned vegetables, spaghetti sauce, baby food.

GRAINS-pasta, rice, canned or dried beans, shelf stable pizza crust, tortilla, cereal, cereal bars, crackers, pretzels, popcorn, pudding or jello cups.

SOUPS, STOCKS AND BROTH-canned or boxed soups, canned broth

BOXED ENTREES-mac and cheese, canned chili, stew, ready meals.

MILK AND BEVERAGES-shelf stable almond or soy milk, powdered or condensed milk, juice boxes or bottles.

NON-FOOD ITEMS dog/cat food, baby wipes and diapers, deodorant, toothpaste, shampoo, conditioner, toilet paper, feminine hygiene products, cleaning supplies.

\*\*\*ALL PANTRY ITEMS MUST BE NON PERISHABLE, SEALED, ABLE TO WITHSTAND HIGH TEMPERATURES.\*\*\*