



Healthful Food Pantry Wish List

Grains	Fruits	Protein Foods	Vegetables	Dairy	Other Food Items	Household Items
Bran cereals	Apple sauce	Baked beans	Spaghetti sauce	Evaporated milk	Honey	Garbage bags
Bread	Baby food- fruit	Bean soup	Canned tomato products	Infant formula	Jelly and jams (sugar-free)	Laundry detergent
Bread or muffin mixes	Canned or boxed 100% fruit juice	Beef stew	Canned vegetables	Instant breakfast drinks	Salad dressings (low-fat)	Paper products (toilet paper, paper towels, plates)
Cold or hot cereals	Dried fruits (raisins, cranberries, etc.)	Canned or dried beans	Baby food- veggies	Nonfat dry milk	Sugar-free jello	Cleaning products (bleach, dish soap)
Dry noodles and pasta	Canned fruits (packed in natural juice)	Canned chicken	Vegetable soup	Low-fat, sugar free puddings	Pet Supplies	Personal Hygiene Products
Graham crackers	100% fruit snacks	Canned tuna (packed in water)	Vegetable juice	Non-perishable yogurts	Dog and Cat Food	Body soap (liquid and bar)
Flour		Canned salmon			Cat Litter	Toothpaste
Granola bars		Canned chili			Kitten Food	Baby products (wipes, diapers)
Infant cereal		Peanut butter			Cleaning	Shampoo and conditioner
Whole grain crackers		Nuts				Deodorants
Brown Rice						Feminine Personal Products

*** Remember... plastic containers are preferred over glass jars.