

FOOD PANTRY SHOPPING LIST

- **Cereal** (whole grain, low sugar)
- **Chicken** (cans)
- **Smoked Ham** (cans)
- **Dill Pickle Relish**
- **Mayonnaise**
- **Fruit** (cans)
- **Vegetables** (cans)
- **Refried Beans**
- **Muffin Mix** (blueberry, apple, banana)
- **Cornbread Mix**
- **Pancake Mix**
- **Maple Syrup**
- **Saltine Crackers**
- **Soup** (meal soups: chicken noodle, chicken rice, beef stew, etc)
- **Soup** (cooking soups: cream of chicken, cream of mushroom, etc)
- **Dry Rice** (bag)
- **Dry Pinto Beans** (bag)
- **Rice Mix** (e.g. Rice-a-Roni)
- **Peanut Butter**
- **Jelly**
- **Tuna**
- **Applesauce**
- **Macaroni & Cheese**
- **Hamburger Helper**
- **Pasta** (spaghetti, penne, rotini, etc)
- **Pasta Sauce**
- **Pudding Mix**
- **Jello Mix**
- **Brownie Mix**
- **Paper Products** (bathroom tissue, Kleenex, napkins, paper towels)

PLEASE CHECK EXPIRATION DATES

Grocery gift cards are also needed to purchase items with a short shelf life (e.g. tortillas)

THANK YOU! Items may be dropped off in the collection bins in the Heartland Atrium.