

## Items Needed For Pantry

### Breakfast

Cereal  
Granola  
Oatmeal  
Pancake Mix  
Pancake Syrup  
Shelf Stable Milk

### Hygienic Items

Deodorant  
Toothbrush  
Toothpaste  
Shampoo  
Soap  
Feminine Hygiene

### Additional Items

Coffee  
Flour  
Pepper  
Salt  
Soy Sauce  
Tea

Gluten Free non-perishable items

### Lunch and Dinner

Applesauce  
Beans (dried)  
Black Beans  
Canned Tomatoes  
Canned Vegetables  
Chili  
Grains (dried)  
Instant Potato Mix  
Mac-n-Cheese  
Nut Butter  
Pasta/Spaghetti  
Pasta Sauce (Marina, Traditional)  
Peanut Butter  
Quinoa  
Ramen Noodles  
Rice Soup  
Spanish Rice  
Jam Taco  
Mix Taco  
Shells  
Tuna Fish (canned)

### Snacks

Canned Fruit  
Chips  
Crackers  
Granola/Protein Bars  
Nuts  
Popcorn  
Pretzels  
Trail Mix