

Food Pantry Foods

*Peanut Butter

Plastic bottles of jelly

Boxed/ Bagged grains/beans: rice, couscous. Quinoa, red beans, white beans, black beans,

*Basmati Rice

*Red and orange lentils (dry)

*Field or pigeon peas (dry)

*Fava Beans (dry)

Canned kidney beans, white beans, black beans, pork beans, chili beans

*Pasta: dry pasta (Spaghetti, macaroni, boxed macaroni and cheese

Cereal- Cold and hot

Peanut Butter and other snack crackers

Applesauce

Dried fruits

Granola bars

Canned Meat: Tuna, Spam, chicken

Spices: chili powder, salt, pepper, garlic powder and salt

*Garlic

*Ginger

*Bananas

Sauces: Fish sauce, oyster sauce, soy sauce, sriracha hot sauce

Vinegar: Rice, apple cider

Oil: Extra Virgin Oil, toasted sesame oil

tortillas

Hearty soups

Top Ramen/ Cup of noodles

Canned vegetables- corn, carrots, peas etc....

Capers

Olives- black and green

bread

dry coffee creamers

coffee

juice boxes

canned fruit- peaches, pears, fruit cocktail

Hamburger helper

Rice a roni/ Lipton rice

*diced tomatoes

Tomato sauce

Spaghetti Sauce- (Canned don't use glass bottles)

*Sweet Potatoes

*Onions

*Pita Bread

*Lavash

Powdered Milk

*Naan

*Vegetable Oil

*Olive Oil

*Coconut Oil

salt

pepper

Personal:

soap

Shampoo/ conditioner

toothpaste

toothbrushes

Tampons/ sanitary napkins

Diapers/ wipes

chap stick

hand warmers

(*) Denotes: foods which may feel culturally relevant and appreciated from neighbors