



IDEAS TO PUT IN THE PANTRY DURING THE SPRING/SUMMER

Remember think shelf stable and what could make a meal if possible. Neat ideas seen include taping a package of tuna or chicken to a helper meal or putting taco shells with beans or peanut butter/jelly. Items to make tuna or chicken and noodles or spaghetti. Peanut butter smeared on crackers, Instant mashed potatoes with gravy and stuffing, Oils for cooking, Spray cheese. What could you add with ramen noodles or noodles for a protein source that is shelf stable?

Dry/shelf stable goods: oatmeal, macaroni and cheese, dried beans, rice and other whole grains, pastas, spices, popcorn, coffee, tea, dry soup mix, instant potatoes, sugar, flour, powdered milk, meal kits (hamburger, tuna, chicken helpers). Simply salad kits. Pancakes, syrup, macaroni and cheese, ramen noodles, boxed stuffing mix, spray cheese, jello, pudding

Individually packaged snacks: boxes of raisins, granola bars, protein bars, fruit snacks, powdered drink mixes, bottled drinks, protein shakes/waters, graham crackers, regular crackers, yogurt/fruit squeeze pouches, meat sticks, beef jerky, freeze dried or dried fruit.

Food not requiring kitchen preparation: bread/ taco shells (as long as it does not get to hot), nuts and seeds, dried fruits, granola, nut butters, jelly, cereal, poparts, cereal bars, baby food, formula

Canned goods: ALL CANNED GOOD WILL BE BENEFICIAL. fruits, vegetables, canned meat/fish, sauces, tomatoes, cream of chicken, mushroom, celery, marinara sauce with or without meat, beans all varieties.

Toiletries: feminine hygiene products, toilet paper, facial tissues, soap body wash, shampoo, conditioner, toothbrushes, toothpaste, deodorant. Sunscreen, ChapStick,

Cleaning supplies: dish soap, laundry detergents, paper towels, dishwasher detergent

First aid items: mini first aid kits, bandages, topical antibiotics, anti-itch crème, hand sanitizer, diapers adult and child, skin wipes, diaper rash cream,