

Pantry Essentials Kit

Please plan to pack your Pantry Essentials Kit(s) in a large reusable bag, which allows us to better store your items prior to distributing, but also will help with future grocery trips for the recipient.

Items to Consider Including:

- Roll of Paper Towels
- Dish Detergent
- Oatmeal
- Dried Fruit
 - Raisins
 - Apricots
 - Prunes
 - Cranberries
 - Figs
 - Dates
- Pasta
- Low Sodium Jarred Tomato Sauce
- Canned Vegetables (low sodium)
 - Black Beans
 - Kidney Beans
 - Pinto Beans
 - Green Beans
 - Diced Tomatoes
 - Peas
 - Carrots
 - Beets
- Brown Rice
- Canned Soup (low sodium)
- Crackers
- Peanut Butter
- Rice Cakes
- Soft Granola Bars (like Nutrigrain)

Items to Avoid:

- Perishable items
- Home Canned Items (Jams, jellies, etc.)
- High Sodium Foods
- Food or drinks containing caffeine
- Food or drinks with high amounts of sugar