



Spectrum Food Pantry Shopping List

Health & Hygiene:

- ★ Toilet Paper (small packs)
- ★ Shampoo
- ★ Conditioner
- ★ Deodorant
- ★ Body Wash
- ★ Body soap
- ★ Tampons
- ★ Pads
- ★ Menstrual Cups
- ★ Dish Soap
- ★ Laundry detergent

Dry Goods

- ★ Peanut Butter
- ★ Sunflower Butter
- ★ Strawberry Jam
- ★ Grape Jelly
- ★ Ketchup
- ★ Mayonnaise
- ★ Mustard
- ★ Dried Beans (black, pinto, garbanzo)

Beverages

- ★ Shelf Stable Non-Dairy Milk
- ★ Shelf Stable Milk
- ★ Juice
- ★ Gatorade

Canned Vegetables

- ★ Green beans
- ★ Corn
- ★ Sweet Peas
- ★ Tomatoes

Canned Protein

- ★ Tuna
- ★ Chicken
- ★ Kidney Beans
- ★ Black beans
- ★ Garbanzo beans
- ★ Spam

Canned/Box Soup

- ★ Tomato
- ★ Chicken Noodle
- ★ Chili
- ★ Chunky soups
- ★ Ramen

Canned Fruit

- ★ Peaches
- ★ Pears
- ★ Pineapple
- ★ Fruit Cocktails

Baking

- ★ Muffin Mix
- ★ Cornbread Mix
- ★ Cake Mix
- ★ Cake Frostings
- ★ White Sugar
- ★ Flour
- ★ Gluten Free flour
- ★ Baking Soda
- ★ Baking Powder
- ★ Powdered Milk
- ★ Condensed Milk

Breakfast

- ★ Granola Bars
- ★ Pancake and Waffle Mix
- ★ Plain rolled oats
- ★ Flavored oatmeal
- ★ Cereal

Seasonings

- ★ Salt
- ★ Pepper
- ★ Dried herbs
- ★ Dried spices