

Pitt-Greensburg Free Little Pantry

Shopping Suggestions

*Indicates high demand items

Protein

- Cans or packets of Tuna* and Chicken
- Nut Butter(s)*
- Non-Nut Butter(s) (Sunflower/Cashew)
- Canned Soups and Stews
- Shelf Stable Cheeses: Parmesan, Cheese Spreads

Canned Vegetables

- Beans
- Canned Spaghetti Sauce*
- Carrots
- Corn
- Peas
- Potatoes
- Tomatoes

Fruits

- Canned Fruits
- Fruit Cups
- Dried Fruits
- Boxed & Bottled Juices
- Apple Sauce
- Baby Food (jars or pouches)

Starches

- Rice*
- Pasta*
- Macaroni and Cheese*
- Canned Ravioli/Spaghetti*
- Hamburger Helper/Boxed Meals*
- Instant Noodles and Potatoes
- Beans (canned or dry)
- Lentils

Breakfast

- Cereal*
- Instant Oatmeal (individual packets)*
- Cereal Bars
- Muffin Mix
- Bread Mix
- Pancake Mix/Syrup
- Pop Tarts
- Shelf stable almond or soy milk
- Powered or condensed milk
- Coffee (Instant & Ground)

On the Go/Snacks

- Easy Mac*
- Granola/Protein Bars*
- Chips & Crackers
- Cookies
- Crackers
- Pretzels
- Microwave Popcorn
- Microwaveable Non-Frozen Meals
- Jerky
- Gatorade & Bottled Water

Personal Care Items

- Feminine Hygiene
- Deodorant
- Shampoo/Conditioner
- Soap/Hand Sanitizer
- Toothpaste
- Lotion
- Laundry Detergent
- Dryer Sheets
- Toilet Paper

All pantry items must be:

- Shelf-Stable (non-perishable)
- Sealed
- Able to withstand high temperatures