

Shopping Suggestions

Proteins

- Canned meats: chicken, ham, spam, corned beef
- Fish (canned or packets): tuna, salmon, sardines
- Nut / seed butter: peanut, almond, sunflower
- Shelf-stable cheeses: parmesan, cheese spreads
- Shelf-stable meats: pepperoni, summer sausage
- Jerky: mushroom, beef, turkey
- Assorted nut mixes
- Protein bars

Fruits & Vegetables

- Apple sauce
- Dried fruit: mango, cranberries, raisins
- Canned fruit: mandarins, peaches, pineapple
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables: green beans, peas, corn, carrots, tomatoes, veg-all, etc.
- Pizza Sauce (cans or jars)
- Baby food (jars or pouches)

Grains & Carbs

- Pasta: spaghetti, linguine, penne, macaroni
- Rice: instant packages, bags
- Beans (canned or dry): pinto, black, cannellini
- Shelf stable pizza crust
- Tortillas
- Cereal & granola (individual packages or boxes)
- Cereal bars & granola bars
- Trail Mix
- Crackers
- Rice cakes
- Pretzels
- Popcorn (kernals or microwaveable)
- Pudding or jello cups

Soups, Stocks, & Broth

- Soups (boxed or canned): tomato, chicken noodle, beef stew, vegetable, cream of mushroom
- Broth or stock (boxed or canned): beef, chicken, veggie

Boxed Entrees

- Mac & cheese boxes
- Canned chili
- Cambell's Ready Meals

Milks & Beverages

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

Non-food Items

- Dog / cat food
- Socks
- Rain gear
- Baby wipes & diapers
- Deodorant
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-Aid supplies
- Cleaning supplies

All pantry items must be:

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

If the pantry is full, consider dropping off at these other LFP locations:

- Good Shepherd Lutheran Church
- South Creekside Apartments
- Feed Communities

Meal Kit Ideas

The Picnic Basket

pickled items (okra, artichokes, olives, pickles, etc.), crackers, cheese spread, summer sausage, pepperonis, canned or dried fruit.

Italian Wedding

pasta sauce, noodles, parmesan, banana peppers, pizza crust, pizza sauce, pepperoni, olives, olive oil, balsamic vinegar, crackers.

Drive-In Movie

popcorn, jerky, granola bars, rice cakes, trail mix, M&Ms, crackers, fruit strips, nut mix, pretzels, cheese spread.

Kids-R-Us Snack Pack

mac-n-cheese, apple sauce, pudding cups, fruit strips, granola bars, water bottles, popcorn, trail mix, baby food, pepperoni, crackers, juice boxes.

Crunchy Breakfast

oatmeal, dried fruit, seeds/nuts, condensed or powdered milk, granola, canned fruit or apple sauce.

Soup's On!

carton or canned soup, canned veggies, cornbread mix or crackers, canned fruit.

Kid-Friendly Breakfast

cereal bars, granola bars, Pop Tarts, individually packaged cereals, powdered/condensed milk, dried or canned fruit.

Chili Dogs

canned chili, Vienna sausages, cheese spread, an onion, and crackers/tortillas/hot dog buns.

Tuna Noodle Casserole

canned tuna, noodles, canned cream of celery/mushroom, French onions, crackers or chips.

Chicken Casserole

canned chicken, noodles, cream of chicken/cheddar, French onions/crackers.

Irish Bake

canned corned beef, canned potatoes x2, canned sauerkraut, cream of mushroom, crackers or French onions.

Mexi Chicken & Rice Bake

canned chicken, Mexican rice packet, cream of chicken/cheddar, can of Rotel/tomatoes, canned corn, black beans, green chilies, salsa, hot sauce.

Campfire Fried Spam Sammies

loaf of bread, Spam, Velveeta, pickles, chips.

Chili Mac Bake

canned chili, macaroni noodles, velveeta/cheese spread, canned veggie, canned fruit.

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