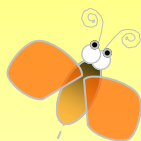




Summer Outdoor Pantry

Food Item Suggestions

canned beans
dry beans
peanut butter, or other nut butters
rolled oats
canned fruit in juice, not in light or heavy syrup
canned vegetables, with no or low-sodium
low-sodium soups
canned tuna in water
canned chicken
brown rice
quinoa
nuts, unsalted
seeds, unsalted
shelf stable milk and milk substitutes
whole grain pasta
low-sodium pasta sauce
popcorn kernels (not microwave popcorn)
canned stews
unsweetened apple sauce
whole grain, low-sugar cold cereals
olive or canola oil
canned tomatoes
dried fruits, no sugar added
Freeze Dried Foods
Crackers



Material Items Suggestions:

Soap
Shampoo
Diapers and wipes
Sanitary Napkins/Tampons
Shaving Kit Supplies
Toothpaste/Toothbrush & denture cleanser
Detergent
Baby Wipes/Moist Towelettes
Sunscreen
Socks
Band-Aids/ointments
Bug Repellent
Calling Cards
Baseball Caps/Hats (new or washed)
Hand Sanitizer
Wash Cloths
Toilet Paper

Please consider easy open pop tops for cans, or pouches. Check expiration dates and for damages to food items that would cause spoilage.