



## **FOOD PANTRY ITEMS**

### **Grains:**

- Whole grain Cereals, low-sugar (oatmeal, cheerios)
- Whole grain bread
- Whole grain pasta
- Brown rice

### **Fruits & Vegetables:**

- Fresh fruits and vegetables
- Canned fruits packed in juice or water
- Canned vegetables low sodium or no salt added
- Dried fruits (no added sugar)

### **Meats & Proteins:**

- Canned fish (salmon, tuna in water)
- Peanut butter (natural, no added sugars)
- Dried or canned beans (low-sodium or no salt added varieties)

### **Dairy:**

- Non-fat or 1% milk (gallon size)
- Yogurt, low-fat and low-sugar
- Dry milk

### **Other:**

- Olive oil or canola oil
- Dried spices