



# STOCK THE PANTRY SHOPPING LIST

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## **Fats, Oils & Sweets**

Jelly and jam  
Honey  
Sugar  
Mayonnaise  
Vegetable oil  
Salad dressing  
Syrup

## **Milk, Yogurt & Cheese**

Infant formula  
Powdered milk  
Instant breakfast drinks  
Canned and boxed pudding

## **Meat, Poultry, Fish, Dry Beans & Nuts**

Canned Tuna  
Canned Chicken  
Canned Beef Stew  
Soups  
Canned or dried beans  
Baked beans  
Canned Chili  
Peanut Butter  
Canned Nuts

## **Vegetables**

Canned Vegetables  
Vegetable Soup  
Canned Tomato products  
Spaghetti Sauce  
Baby Food Vegetables  
V-8 Juice

## **Fruits**

Canned Fruit  
Raisins  
Applesauce  
Dried Fruits  
Baby Food Fruit  
Canned & Boxed Juice

## **Bread, Cereal, Rice & Pasta**

Rice and rice mixes  
Canned Pastas  
Noodle mixes  
Dry noodles and pastas  
Macaroni and Cheese Mix  
Cereals  
Infant Cereal  
Hot Cereal Mixes  
Oatmeal  
Bread & Muffin Mixes  
Pancake Mix  
Crackers  
Granola Bars  
Flour