

PATRIOT'S PANTRY

Shelf Stable Items Needed

Proteins *Canned, low sodium if possible*

Canned meats: chicken breast, turkey

Canned fish/seafood tuna, salmon, anchovies, baby clams, sardines

Canned beans/lentils all kinds, preferably "low sodium"

Nuts: Peanut butter, nut butters, canned nuts

Fruits *in juice or water only (or dried!), all types/varieties*

fruit cups, applesauce, fruit sauces, canned fruits, dried fruits

Vegetables *Low sodium, all colors/types*

Canned: all types; i.e. peas, carrots, green beans, tomatoes, beets, asparagus, etc.

Freeze Dried Veggie Chips, Snap Peas ("Hatrvest snaps")

Grains *Whole grains, ready to serve/microwaveable, low sodium*

Brown rice, white rice, quinoa, etc

Cereals: oatmeal packets, granola bars

Pastas: Whole wheat pasta, mac & cheese cups

Crackers: whole grains, low sodium

Milk: *low-fat and full fat varieties, shelf-stable, Cow's AND non-dairy*

Single serve cartons, dry milk/cream

Soups: *Low sodium + contain proteins (meats and beans)*

and/or vegetables

Examples: Chicken Noodle Soup, Tomato Soup, Vegetable Soup, Potato Soup, Lentil Soup, etc