**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 (kernels or microwaveable)
- Pudding or jello cups

**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

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**All pantry items must be:**
- Shelf-stable (non-perishable)
- Sealed
- Able to withstand high temperatures

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**If the pantry is full, consider dropping off at these other LFP locations:**
- Good Shepherd Lutheran Church
- South Creekside Apartments
- Feed Communities