

Food Pantry Shopping List

Select a variety of nutritious foods from all of the food groups!

DAIRY

Low-fat, skim, or almond milk
Greek yogurt
Cheddar or mozzarella cheese
String cheese



GRAINS

Bread- whole-wheat or whole-grain
Whole-grain pasta
Cereal (high in fiber)
Oatmeal
Rice- brown or white
Whole-grain crackers

FRUITS

Apples
Bananas
Berries- blueberries, raspberries or strawberries
Oranges
Grapes
Kiwi

PROTEIN

Chicken- skinless breast or tenderloins
Beans- black, gazpacho, or kidney
Canned tuna or chicken
Nuts
Peanut butter or nut butter
Eggs
Hummus

VEGETABLES

Leafy greens- spinach, lettuce, or kale
Tomato
Broccoli
Onion
Cucumber
Potato- russet or sweet

OTHER

Cooking oil- olive or canola
Honey
Herbs and spices

