

The Spartan Pantry Items List

When shopping for items to donate, please consider choosing small manageable sizes instead of large bulk items.

- **Basic Necessities**
 - Deodorant
 - Shampoo
 - Conditioner
 - Toothbrushes
 - Toothpaste
 - Mouth wash
 - Razors
 - Shaving cream/gel
 - Tampons
 - Sanitary pads
 - Detergent
 - Dish soap
 - Water bottles
- **Breakfast**
 - Boxes of Cereal/Granola
 - Cereal or Granola Bars
 - Instant Oatmeal (Individual Packets)
 - Pop Tarts
 - Shelf-Stable Milk (Dairy and Non-Dairy)
- **Canned Vegetables**
(Pop top cans preferred)
 - Carrots
 - Corn
 - Green Beans
 - Peas
 - Tomatoes
- **Fruits**
 - Apple Sauce
 - Dried Fruits
 - Canned Fruits
 - Fruit Cups
 - Jelly/Jam
- **On the Go/Snacks**
 - Chips/Pretzels
 - Crackers
 - Cookies
 - Microwave popcorn
 - Nuts
 - Trail Mix
 - Shelf stable Yogurt pouches
 - Shelf stable Pudding cups
 - Jello cups
- **Proteins**
 - Beans
 - Canned Chicken
 - Canned Chili
 - Canned Stew
 - Canned Tuna
 - Tuna/Chicken in Pouches
 - Peanut (or Other Nut) Butter
 - Soups
 - Protein shakes/smoothies
- **Starches**
 - Microwavable Meals
 - Instant Potatoes
 - Macaroni and Cheese
 - Pasta Sauce
 - Rice/Instant Rice
 - Ramen noodles
 - Spaguetti
- **Miscellaneous**
 - Can opener
 - Mayonnaise
 - Flour
 - Spices
 - Olive oil
 - Vegetable oil