



CougarMart Food Pantry List

Protein

- Cans of Tuna*
- Cans of Chicken*
- Canned Stew
- Canned Chili
- Hash
- Pork and Beans
- Soups
- Spaghetti Sauce*
- Beans (kidney, black, red, pinto, etc.)
- Peanut Butter*

Canned Vegetables

- Beans
- Carrots
- Peas
- Tomatoes
- Corn
- Instant Potatoes

Fruits

- Canned Fruits
- Fruit Cups
- Dried Fruits
- Jelly
- Raisins
- Juice Boxes

Starches

- Rice*
- Pasta*
- Macaroni and Cheese*
- Crackers
- Cans of Ravioli/SpaghettiO's*
- Hamburger Helper
- Boxed Meals *
- Breads
- Tortillas, Pitas and Wraps
- Rolls and Buns

Dairy

- Milk (powdered and liquid)
- Shelf stable regular, soy, almond or rice milk
- Pudding cups
- Eggs
- Cheese
- Yogurt
- Butter/Margarine
- Milk Substitutes
- Refrigerated Dough

Meats *

- Turkey
- Pork
- Beef
- Chicken
- Fish & Seafood
- Packaged Lunch Meat
- Bacon
- Sausages
- Meatless Alternatives

Produce *

- Fresh Fruit
- Fresh vegetables
- Fresh Dressings and Dips
- Salad Mixes
- Fresh Juices

Breakfast

- Boxes of Cereal*
- Instant Oatmeal
- Cereal Bars
- Pancake Mix*
- Syrup
- Pop Tarts
- Muffin Mix
- Toaster Pastries

On the Go/Snacks

- Tortilla Chips
- Salsa
- Pringles
- Cookies
- Granola Bars*
- Microwave Popcorn
- Easy Mac*
- Microwaveable Non-Frozen Meals*

Basic Necessities*

- Soap
- Toilet Paper
- Paper Towels
- Shampoo
- Conditioner
- Toothpaste
- Lotion
- Deodorant
- Period Care Products
- Laundry Detergent/Clorox
- Dryer Sheets
- Diapers
- Baby wipes
- Dish Detergent
- All Purpose Cleaner

Other Items

- Packaged Juices
- Chicken, beef, and vegetable broth
- Cooking oil (vegetable, olive and canola oil, cooking spray)
- Water and other beverages
- Seasonings
- Can Openers*

* Indicates high demand items

