

# SHELF STABLE FOODS FOR THE LION'S PANTRY

## Protein:

- Canned tuna, chicken, or salmon
- Peanut butter or nut butters
- Canned or dry beans (black, kidney, lentils, chickpeas)
- Shelf-stable tofu or canned chili

## Fruits and Vegetables:

- Canned vegetables (low-sodium preferred)
- Canned fruit (packed in juice or light syrup)
- Applesauce cups or pouches
- 100% fruit or vegetable juice (small bottles or cartons)
- Tomato products (sauce, diced, paste)
- Bags of potatoes and apples
- Dehydrated fruit

## Grains and Meals:

- Rice or pasta
- Instant potatoes or stuffing mix
- Cereal (low-sugar, high-fiber)
- Oatmeal or other hot cereals
- Boxed meal kits (mac & cheese, Hamburger Helper)

## Soup and Ready to Eat Meals:

- Canned soups and stews
- Canned pasta meals (ravioli, SpaghettiOs)
- Instant soup cups or ramen

## Breakfast and Snacks:

- Granola or protein bars
- Crackers, pretzels
- Trail mix or nuts
- Fruit cups or dried fruit
- Shelf-stable milk (dairy or non-dairy alternatives)
- Whole grain or low-sugar cereal (Cheerios, Chex etc.)

## Condiments and Spices:

- Cooking oil or spray
- Salt, pepper, and seasonings (oregano, parsley, red pepper, cumin, turmeric etc.)
- Ketchup, mustard, or mayo packets
- Baking mixes (pancake, muffin, cornbread)

## Personal Hygiene Materials:

- Maxi-Pads and tampons
- Toothpaste and toothbrushes
- Hand and bar soaps
- Floss
- Deodorant/Antiperspirant

## Tips for Donors:

- Avoid glass containers
- Low-sodium and whole-grain options are appreciated.
- Avoid expired items/ nearing expiration items



**WOMEN'S  
LEADERSHIP  
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