

# SOROPTIMIST INTERNATIONAL OF GREATER BREMERTON AREA LITTLE BLUE PANTRY @ 900 SYLVAN WAY IN EAST BREMETON SHOPPING SUGGESTIONS

## **PROTEINS**

Canned meats: chicken, ham, spam, corned beef, beef  
Fish (canned or packets): tuna, salmon, sardines  
Nut/seed butter: Peanut, almond, sunflower  
Shelf-stable cheeses: parmesan, cheese spreads  
Shelf-stable meats: peperoni, summer sausage, jerky  
Refried beans  
Assorted nut mixes  
Protein bars  
Peanut Butter  
Canned chili

## **FRUITS & VEGETABLES**

Applesauce  
Dried fruit: mango, cranberries, raisins  
Canned fruit: mandarins, peaches, pears  
Individual fruit cups  
Fruit strips  
Canned vegetables: green beans, peas, corn, tomatoes,  
mixed vegetables, etc.  
Pizza sauce; pasta sauce  
Baby food (assorted jars or pouches)

## **GRAINS & CARBS**

Pasta: spaghetti, linguine, penne, macaroni  
Rice: Instant packages, bags  
Shelf-stable pizza crust  
Tortillas  
Jam/Jelly  
Cereal and granola  
Cereal bars & granola bars  
Crackers  
Trail mix  
Rice cakes  
Pretzels  
Popcorn (kernels or microwave)  
Pudding or Jell-O cups

## **SOUPS, STOCKS & BROTHS**

Soups (boxed or canned): tomato, chicken noodle,  
beef stew, cream of mushroom, veg. beef, etc.  
Broth or stock (boxed or canned): beef, chicken, vegetable

## **BOXED ENTREES**

Mac & cheese boxes  
Assorted ready to cook and eat meals  
Campbell's Ready Meals

## **MILKS & BEVERAGES**

Shelf-stable milk, almond milk or soy milk  
Powdered or condensed milk  
Bottled water  
Juice boxes  
Hot chocolate mixes  
Tea bags

## **NON-FOOD ITEMS**

Warm socks (all genders, all sizes)  
Baby wipes & diapers  
Deodorant  
Toothpaste/new toothbrushes  
Shampoo  
Toilet paper  
Hand sanitizer or wipes  
Basic First Aid supplies  
Cleaning supplies  
Hand & toe warmers  
Winter gloves and caps  
Children's Books for ages 2-14 years