

## Spartan Pantry List

### Protein

Cans of Tuna  
Cans of Chicken  
Cans of Chili/Stew  
Spaghetti Sauce  
Peanut Butter  
Soup

### Canned Vegetables

Beans  
Carrots  
Peas  
Tomatoes  
Corn

### Breakfast

Small Boxes of Cereal  
Instant Oatmeal  
Cereal Bars  
Pancake Mix  
Muffin Mix  
Syrup

### Starches

Rice  
Pasta  
Macaroni and Cheese  
Cans of Ravioli/Spaghetti Os  
Boxed Meals  
Crackers  
Hamburger Helper

### On-the-Go/Snacks

Chips  
Salsa/Dips  
Crackers  
Cookies  
Fruits

### Canned Fruits

Fruit Cups  
Dried Fruits  
Jelly  
Raisins  
Beverages  
Bottled Water  
Juice Boxes

Basic Necessities

Soap

Toilet Paper

Shampoo

Conditioner

Lotion

Deodorant

Feminine Products

Laundry Detergent

Dryer Sheets

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