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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