

## Saint Martin Food Pantry Staples List

- Meat (canned)
- Meaty Soups
- Milk (dry, almond, coconut or soy)
- Peanut Butter
- Jelly
- Table Salt
- Flour
- Sugar
- Canned Vegetables
- Canned Fruit
- Canned Beans
- Hamburger Helper
- Rice Sides
- Pasta Sides
- Pasta Sauce
- Macaroni & Cheese
- Mashed Potatoes
- Condiments
  - Mayonnaise
  - Ketchup
  - Mustard
  - BBQ Sauce
- Individual meals (for Adult Lunches)
- Cereal (cold and hot)
- Coffee (regular and decaf)
- Tea
- Hot Chocolate
- Muffin Mixes
- Cake Mixes
- Bread Mixes
- Jello
- Jello Pudding
- Crackers
- Chips
- Juice
- Light Bulbs
- Laundry Soap (small packages)
- Toiletry Items
  - Toothbrushes
  - Toothpaste
  - Toilet Tissue
  - Soap
  - Shampoo
  - Conditioner
  - Lotion
  - Shaving Cream
  - Deodorant
  - Feminine Hygiene Products
  - Disposable Razor

Small Packaging is best for most families. They are only allowed 3 bags of groceries at a time.