

CCO FOOD PANTRY



NON-PERISHABLE FOOD ITEMS FOR HOMELESS INDIVIDUALS & FAMILIES

Protein & Filling Foods

- Tuna packets (or easy open cans)
- Chicken salad packets (or easy open cans)
- Peanut butter squeeze or tiny cup packs
- Individual nut butter cups
- Jerky meat sticks (Individually wrapped)
- Mixed nuts or trail mix
- Roasted chickpeas
- Protein bars
- Granola bars
- Shelf-stable cheese crackers
- Peanut butter crackers
- Spam cans

Easy Meals & Snacks

- Instant oatmeal cups/packets
- Ramen cups
- Mac & cheese cups
- Microwave rice pouches
- Soup cups with pull-top lids
- Applesauce pouches
- Fruit cups
- Raisins or dried fruit
- Popcorn bags
- Pretzels
- Goldfish/crackers
- Jello/Pudding packs
- Small Chip bags
- Ravioli (easy open cans)
- Soups cans (easy open cans)
- Vegetable cans (easy open cans)
- Fruit snacks
- Breakfast bars
- Dried Fruit
- Bread & Carb Items
- Peanut butter sandwich crackers
- Rice cakes
- Cereal
- Dry cereal in cup or zipper bags
- Saltine, Ritz, or Belvita crackers
- Cookies
- Rice
- Pasta Noodles

Sauces and Condiments

- Spaghetti or Alfredo Sauce
- Ketchup
- Mustard
- Mayo
- Cooking Oil

Canned Vegetables

- Corn
- Potatoes
- Green Beans
- Pinto or Black beans (Dried OK too)
- Mixed Vegetables
- Carrots

Drinks

- Electrolyte or Gatorade drink packets or bottles
- Shelf-stable milk boxes (Non-refrigerated)
- Juice boxes or pouches
- Protein Shakes
- Powdered or Shelf Stable Milk

Helpful Extras People Often Forget

- Plastic spoons/forks
- Napkins
- Wet wipes or Wet Ones (Body wipes) or Washcloths
- Hand sanitizer
- Toothbrush/toothpaste kits (Currently stocked up)
- Lip balm or Chapstick
- Socks (Great for homeless)
- Feminine hygiene products
- Travel tissues
- Shampoo/Conditioner/Body wash (Travel Size OK)
- Small/Medium Backpacks
- Hair Combs or Shavers
- Toilet paper
- Baby Wipes and Diapers
- Baby formula
- Travel Size Laundry Soap
- Sunscreen or lotion
- Winter Hats and Gloves
- Rain Ponchos
- Can openers