

# Patriot Pantry



## Starchy Vegetables

- Canned corn, peas
- Shelf stable dried mashed potatoes/potato pouches (i.e. Idaho Spuds hash brown cartons, dried mashed potatoes)

**Milk:** We are looking for all kinds: whole, skim, 1%, and non-dairy options

- Shelf stable milks (cow AND non-dairy options)
- Dry milk/creams

**Grains:** Whole grains, ready to serve/microwaveable, low sodium when possible.

- Brown rice, quinoa, white rice, etc.
- Cereals: oatmeal packets, boxes of cold cereal (lower sugar options preferred)
- Whole wheat pasta
- Mac n cheese
- Bread (whole wheat if possible)

**Soups:** Chicken Noodle Soup, Tomato Soup, Vegetable Soup, Potato Soup, Lentil Soup, etc

**Sauces:** Pasta Sauces: Marinara, pesto, alfredo.


## Snacks:

- Crackers, Wheat Thins, Triscuits, Saltines, etc.
- Trail mix
- Granola bars
- Pretzels (no salt if available)
- Popcorn kernels and individual bags

## Condiments:

- Individually wrapped items, NOTHING REFRIGERATED
- **Ketchup, mustard, relish, mayonnaise**

## Miscellaneous/Non-food items:

- Grocery store gift cards
- Plastic ware: Forks, knives, spoons
- Anything we have missed? Reach out and we may be able to accept it 

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