



Massanutten Regional Library Little Free Pantry

Shopping Suggestions

Proteins

- Canned meats (chicken, ham, spam, corned beef)
- Canned fish (tuna, salmon, sardines)
- Nut / seed butter (peanut, almond, sunflower)
- Shelf-stable cheeses (parmesan, cheese spreads)
- Shelf-stable meats (pepperoni, summer sausage)
- Jerky (mushroom, beef, turkey)
- Assorted nut mixes
- Protein bars

Fruits & Vegetables

- Apple sauce
- Dried fruit (mango, cranberries, raisins)
- Canned fruit (mandarins, peaches, pineapple)
- Individual fruit cups
- Fruit strips or gummies
- Canned vegetables
- Pizza sauce (cans or jars)
- Baby food (jars or pouches)

Soups, Stocks, Broth

- Soups (boxed or canned)
- Broth or stock (boxed or canned)

Boxed Entrees

- Mac & cheese
- Canned chili
- Campbell's Ready Meals

Milks & Beverages

- Shelf-stable almond or soy milk
- Powdered or condensed milk
- Water bottles
- Juice boxes

Grains & Carbs

- Pasta
- Rice (instant packages, bags)
- Beans (canned or dry)
- Shelf stable pizza crust
- Tortillas
- Cereal & granola
- Cereal bars & granola bars (individual packages or boxes)
- Trail mix
- Crackers
- Rice cakes
- Pretzels
- Popcorn (kernels or microwaveable)
- Pudding or Jello cups

Non-food items

- Dog / cat food
- Baby wipes & diapers
- Deodorant
- Hand soap, Laundry / dish soap
- Toothpaste & alcohol-free mouthwash
- Shampoo & conditioner
- Sun block & SPF lotions
- Toilet paper
- Feminine hygiene products
- Sanitizer sprays or wipes
- Gloves
- First-aid supplies
- Cleaning supplies

ITEMS TO AVOID

- Sharps (razors, knives, anything sharp)
- Alcohol or products containing alcohol like mouthwash, hand sanitizer
- Open / used items
- Homemade foods
- Expired, Rusty, unlabeled
- Non-factory sealed foods
- Medications (including over the counter)