

Food Pantry Shopping List

Suggestions for a year's worth of shopping



Your favorite
refrigerator
magnet here

January

Week 1: chicken soup, tomato soup, crackers
Week 2: Pantry basics I—cooking oil, bread crumbs
Week 3: Pantry basics II—salt-free seasoning, honey
Week 4: pasta sauce, spaghetti, pasta
Week 5: hamburger helper, canned tomatoes

February ***Black History Month***

Week 1: canned chili—meat or vegetarian
Week 2: pea soup, canned mandarin oranges
Week 3: Cajun rice mix, canned gumbo soup
Week 4: Soul Food—canned greens, corn bread mix

March ***National Nutrition Month***

Week 1: beef barley soup, canned peaches, apricots
Week 2: canned tuna, tuna helper, clam chowder
Week 3: kidney beans, garbanzo beans, black beans
Week 4: Spring Cleaning—dish soap, scouring powder, sponge, laundry detergent
Week 5: hygiene items—hand soap, shampoo, etc.

April ***Volunteer Appreciation Month***

Week 1: canned ham, canned carrots, pineapple
Week 2: paper goods—toilet paper, tissues
Week 3: Mac & cheese, quick bread mix
Week 4: chop suey vegetables, rice, tropical fruit

May ***National Physical Fitness Month***

Week 1: black beans, fiesta corn, Spanish Rice mix
Week 2: salsa, canned refried beans, canned chilies
Week 3: canned chicken, canned salmon or shrimp
Week 4: Band-aids, first aid items, trail mix
Week 5: granola, breakfast bars, dried fruit

June

Week 1: whole grain crackers, graham crackers
Week 2: canned Italian wedding soup
Week 3: cream of celery soup, bean soup
Week 4: fruit juice, fruit snacks

July ***National Picnic Month***

Week 1: canned three bean salad, pork & beans
Week 2: pasta salad mix, canned fruit
Week 3: pickles, canned olives, mustard, ketchup
Week 4: deviled ham, crackers, granola bars, raisins

August

Week 1: Garden Harvest I—canned beets, corn
Week 2: Garden Harvest II—vegetable soup, pears
Week 3: Garden Harvest III—canned asparagus, peas
Week 4: lunch bags, zip-top bags, can opener
Week 5: canned alphabet soup, Alpha-Bits cereal

September ***National Breakfast Month***

Week 1: healthy breakfast cereals, fruit cups
Week 2: Back-to-School peanut butter & jelly
Week 3: muffin mix, pancake mix, syrup
Week 4: oatmeal, grits—regular or instant

October ***National Dental Hygiene Month***

Week 1: toothpaste, toothbrushes, floss
Week 2: food for children & toddlers—apple sauce, teething crackers, rice cereal
Week 3: canned ravioli, Spaghetti-O's
Week 4: sloppy joe mix, biscuit mix
Week 5: canned sauerkraut, Vienna sausages

November ***National Diabetes Month***

Week 1: sugar-free jello, sugar substitute
Week 2: turkey soup, wild rice mix, cranberry sauce
Week 3: green bean casserole ingredients
Week 4: stuffing, canned sweet potatoes

December

Week 1: chicken/beef/turkey broth, pie filling
Week 2: cream of mushroom/chicken soup, tea
Week 3: canned stew, instant potatoes, gravy mix
Week 4: From Santa—hand lotion, nail file, lip balm
Week 5: cake mixes—spice, apple, carrot

Tips:

- Find out what your local pantry needs most.
- Buy in bulk; buy what's on sale.
- Do not donate expired food; even canned goods have a shelf life.
- Ask if your local pantry can accommodate fresh or frozen items.
- Consider single servings and family-size quantities.