



pantry project

supported by
The WELL RESTED Lifestyle
Omnibus Health, LLC

shopping list

canned/jarred

- canned meals (soups, chili, etc)
- canned meats (tuna, chicken, etc)
- canned veggies (corn, carrots, etc)
- canned fruit (mandarin, applesauce)
- canned tomato products
- canned beans
- spaghetti sauce

mixes

- boxed macaroni and cheese
- hamburger helper
- cake mix
- muffin mix
- pancake mix
- brownie mix

pantry

- baking supplies - flour, sugar, etc
- cooking oil
- instant potatoes
- pancake syrup
- peanut butter
- jelly
- rice
- dry beans

snacks

- crackers
- cookies
- granola bars
- fruit snacks

