

# Food Pantry Shopping List

Select a variety of nutritious foods from all of the food groups!

## DAIRY

Low-fat, skim, or almond milk  
Greek yogurt  
Cheddar or mozzarella cheese  
String cheese



## GRAINS

Bread- whole-wheat or whole-grain  
Whole-grain pasta  
Cereal (high in fiber)  
Oatmeal  
Rice- brown or white  
Whole-grain crackers

## FRUITS

Apples  
Bananas  
Berries- blueberries, raspberries or strawberries  
Oranges  
Grapes  
Kiwi

## PROTEIN

Chicken- skinless breast or tenderloins  
Beans- black, gazpacho, or kidney  
Canned tuna or chicken  
Nuts  
Peanut butter or nut butter  
Eggs  
Hummus

## VEGETABLES

Leafy greens- spinach, lettuce, or kale  
Tomato  
Broccoli  
Onion  
Cucumber  
Potato- russet or sweet

## OTHER

Cooking oil- olive or canola  
Honey  
Herbs and spices

