

TOP 25 MOST NEEDED FOOD PANTRY ITEMS

These are high-demand staples that help families build complete meals.

1. Peanut butter
2. Canned chicken
3. Canned tuna
4. Canned beans (black, kidney, pinto)
5. Chili with beans
6. Canned soup
7. Pasta
8. Pasta sauce
9. Rice
10. Macaroni and cheese
11. Instant mashed potatoes
12. Oatmeal or instant oatmeal packets
13. Cereal
14. Pancake mix
15. Syrup
16. Canned vegetables (corn, green beans, peas)
17. Canned fruit (in juice)
18. Applesauce
19. Crackers
20. Shelf-stable milk
21. Granola bars
22. Cooking oil
23. Chicken or vegetable broth
24. Salad dressing
25. Jelly or jam