



THE LITTLE FREE PANTRY

Shopping Suggestions

Include items that are:

- Shelf- stable (non-perishable)
- Unopened
- Not expired
- Canned in pull-up top cans, when possible

Do **NOT** include the following:

- Razors/sharps
- Glass containers
- Aerosol containers
- Chocolate or chocolate – covered items (during summer months)
- Items that require refrigeration
- Fresh fruits and vegetables
- Items that are alcohol-based
- Medications

Proteins

- Meats: chicken, ham, corned beef
- Fish (canned or packets): tuna, salmon, sardines
- Nut/seed butter: peanut, almond
- Cheeses (Shelf-stable): parmesan, spreads
- Meats (Shelf-stable): pepperoni, sausage, etc.
- Jerky: mushroom, beef, turkey
- Nut Mixes
- Protein bars (not chocolate – covered)

Fruits & Vegetables

- Apple Sauce
- Dried Fruit: mango, cranberries, raisins
- Individual fruit cups
- Canned fruit: peaches, pineapple, etc.
- Fruit strips/roll-ups
- Canned vegetables: beans, peas, corn
- Pizza sauce (cans or plastic jars)
- Baby food (plastic jars or pouches)

Grains & Carbs

- Pasta
- Rice (instant packages or small bags)
- Shelf – stable pizza crust
- Tortillas
- Cereal & granola (boxes or single servings)
- Trail Mix
- Crackers
- Rice Cakes
- Pretzels
- Pudding or Jell-O cups

Soups, Stocks & Broth

- Soups (low-sodium; boxed or canned)
- Broth or stock (boxed or canned): beef, chicken, vegetable

Boxed Entrees

- Mac and Cheese boxes
- Canned chili

Have questions?
Email LFPWestborough@gmail.com

The Little Free Pantry is not affiliated with the Westborough Food Pantry.

Milks

- Powdered milk (year-round)
- Shelf-stable milk (almond, soy; not in summer months)

Condiment & Spices

- Salt/Pepper/Sugar (individual packets or in small plastic/paper containers)
- Taco Mix
- Salad Dressing (plastic containers)
- Mayonnaise (plastic jars/squeeze bottles)
- Mustard (plastic jars/squeeze bottles)
- Ketchup (plastic jars/squeeze bottles)
- Cooking oil (small plastic bottles)

Personal & Home Items

- Toothbrush/toothpaste
- Sanitary napkins/tampons
- Alcohol-free mouthwash
- Deodorant
- Shampoo & conditioner
- Lotion
- Sunblock lotion
- Latex Gloves
- Masks (cloth or surgical/individually – wrapped with size labeled)
- First – Aid supplies: bandaids, ointments
- Wipes
- Toilet Paper (individually-wrapped)
- Laundry detergent (NO PODS; small containers)
- Dishwashing detergent
- Sponges
- Tissue paper packs (individually-wrapped)
- Wipes (small packs)