

WKU FOOD PANTRY STAPLES

BREADS & PASTAS

- Whole Wheat Bread
- Bread Mix
- Whole Grain Crackers
- Brown Rice
- Oatmeal
- Whole Grain/Low Sugar Cereal
- Whole Grain Pasta
- Whole Grain Granola Bars

FRUITS & VEGETABLES

- Fresh, Dried or Canned Fruit
- 100% Fruit Juice
- Sweet Potatoes
- Boxed Sweet Potatoes
- Fresh Sweet Potatoes
- Dried Beans
- Dried Lentils
- Nuts

TOILETRIES

- Toilet Paper
- Shampoo
- Deodorant
- Toothpaste

CANNED/ BOXED GOODS

- Pasta Sauce
- Ravioli
- Low Sodium Soup
- Canned Chicken in water
- Canned Tuna/ Salmon in water
- Low Sodium Canned Vegetables
- Canned Chili
- Peanut Butter (Natural)
- Jelly
- Powdered Milk
- Low Sodium Beans
- Low Sodium Vegetables
- Boxed Dinners (Hamburger Helper)
- Graham Crackers
- Spices

DRINKS

- Coffee
- Teas
- Powdered Milk
- Fruit Juice
- Vegetable Juice

