

Pantry Essentials

Tostadas

Refried beans

Rice

Peanut butter

Jelly

Honey

Cereal

Oatmeal

Macaroni and cheese

Spaghetti and sauce

Broth

Salsa

Canned fruit

Canned vegetables

Beans

Canned meats

Sugar

Flour

Applesauce

Popcorn

