



Healthy Home Pantry Kit

Help provide families with the basics
to create nutritious & delicious meals.

**Please place items in a reusable grocery bag.*

- whole wheat pasta
- whole wheat tortillas
(non-refrigerated)
- whole wheat flour
- oatmeal (canisters)
- tomato Sauce
- diced tomatoes
(low sodium)
- black or kidney beans
- canned pumpkin
- dried cranberries
- nuts or seeds
(no peanuts)
- chili powder
- cumin
- garlic powder
- paprika