

Essential Foods List



PROTEINS

- Canned chicken
- Canned tuna or salmon
- Beans (canned or dry)
- Peanut butter and other nut butters

DAIRY

- Shelf-stable milk alternatives (soy, almond, oat)

PANTRY/BAKING

- Flour (all-purpose, whole wheat)
- Sugar (granulated, brown, powdered)
- Baking powder & baking soda
- Salt
- Cooking oils (vegetable, canola, olive)
- Pasta and rice
- Canned vegetables and fruits
- Canned tomato products (sauce, diced, paste)
- Shelf-stable meals (mac & cheese, soups, stews)

SNACKS & CONVENIENCE ITEMS

- Single-serve snack items (granola bars, fruit snacks, crackers)
- Trail mix or nuts
- Popcorn

BREAKFAST ITEMS

- Cereal (hot & cold)
- Oatmeal packets
- Pancake mix & syrup

SPECIALTY & CULTURAL NEEDS

- Halal foods
- Culturally specific grains or canned goods (like chickpeas, lentils, etc.)
- Gluten-free options (if available)

WOMEN & CHILDREN

- Diapers (all sizes)
- Baby wipes
- Baby formula (all types, including specialty formula)
- Baby food (cereal, purees, jars, pouches)
- Toddler snacks

HYGIENE & PERSONAL CARE

- Body wash or soap
- Shampoo & conditioner
- Toothpaste & toothbrushes
- Feminine hygiene products (pads, tampons)
- Deodorant
- Lotion



**GREAT PLAINS
FOOD BANK**