

SAMPLE PANTRY CHECKLIST

Last Updated 05/03/22

Below is a list of recommended pantry items to be provided to newcomers upon arrival and/or when they transition to permanent housing. These quantities are based on a family of three. Adjust quantities up or down for households with more family members. Initial groceries should last newcomer families at least five days.

Dry/Canned Goods	Quantity
Salt & Pepper	2 oz. bottles of each
Rice	2 pounds per person
Vegetable Oil	Half gallon
Sugar	5 pound bag
Flour	5 pound bag
Beans - such as Chickpeas, Lentils (red or white)	2 pounds
Yeast	1 Jar
Green/Herbal Tea	1 large box
Black raisins	1 large box
Cereal	1 large box
Tomato paste	2 6 oz. cans
Crushed tomatoes	4 28 oz. cans
Vinegar	1 16 oz. bottle
Chicken Stock	2 boxes

Fresh Food	Quantity
Onions	3 pounds
Potatoes	5 pounds
Beets	2 pounds
Carrots	1 pound bag
Cabbage	1 head
Bell Peppers	2
Apples or Oranges	2 per person
Garlic	2 heads
Tomatoes	4
Cucumbers	2
Crusty bread	2 packages
Fresh herbs (such as Dill)	1 bunch

Refrigerated	Quantity
Eggs	1 dozen
Milk	1 gallon
Sour Cream	1 32 oz. container
Plain Yogurt	1 32 oz. container
Butter	1 pound
Chicken	2 pounds per person
Beef/Pork	½ pound per person