

# SAMPLE PANTRY CHECKLIST

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	Fresh Food	Quantity
Salt & Pepper	2 oz. bottles of each	Onions	3 pounds
Rice	2 pounds per person	Potatoes	5 pounds
Vegetable Oil	Half gallon	Beets	2 pounds
Sugar	5 pound bag	Carrots	1 pound bag
Flour	5 pound bag	Cabbage	1 head
Beans - such as Chickpeas, Lentils (red or white)	2 pounds	Bell Peppers	2
Yeast	1 Jar	Apples or Oranges	2 per person
Green/Herbal Tea	1 large box	Garlic	2 heads
Black raisins	1 large box	Tomatoes	4
Cereal	1 large box	Cucumbers	2
Tomato paste	2 6-oz. cans	Crusty bread	2 packages
Crushed tomatoes	4 28-oz. cans	Fresh herbs (such as Dill)	1 bunch
Vinegar	1 16-oz. bottle	Refrigerated	Quantity
Chicken Stock	2 boxes	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