

PAIR PANTRY STAPLES WITH SNAP

Food Pantry Staples

When shopping at a food pantry, you can find many nutritious shelf-stable options, including:

- Dry pasta or rice
- Canned fruits and vegetables
- Canned meat
- Shelf-stable milk
- Canned or dry beans
- Quick oats
- Canned soups or meals
- Pasta sauce

Try to use these available pantry items as a meal base. This then allows you to use SNAP dollars on fresh food items or specific ingredients that may not always be available at your local food pantry.

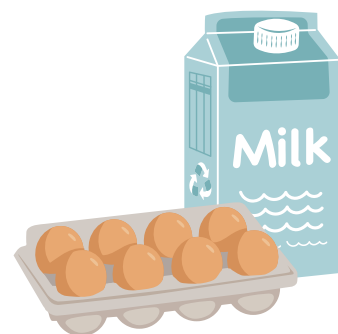
TIP!

Look for labels like **“No salt added”** or **“Low sodium”** when selecting your canned food items

Spending Your SNAP Dollars

Once you have your meal base, you can use your SNAP dollars on any additional items, such as:

- Fresh fruits and vegetables
- Meat or poultry items
- Milk and cheese
- Herbs and spices



Need Recipe Ideas?

You can find nutritious recipes that combine common pantry staples with grocery store purchases on our Food is Medicine webpage using this QR code!

