Non-perishable set contents for pantry:

Apple juice

2 canned fruits or sub a fruit for applesauce

Cereal

Pancake mix and syrup

 or Oatmeal

Tomato Sauce

Diced or crushed tomato

Rice

1 or 2 Mac and cheese if available

2 cans of beans

3 cans of assorted veggies

mashed potatoes

boxed milk

tea or coffee if available

pretzels

granola bars or cookies or crackers

2 boxes pasta

2 soups

2 cans tuna

1 can salmon

1 peanut butter

1 jelly if available

1 condiment

shampoo /soap if available

1 roll toilet paper if available