

PANTRY STARTER PACK - WHAT TO INCLUDE

NATIONAL SCHOOL PANTRY NETWORK

by **RETHINK FOOD**

This should feel like a practical, thoughtful “first boost”, helping families immediately and building trust.

Focus on flexible, familiar nutritious items.

CUPBOARD STAPLES

- ☐ Pasta / rice / noodles
- ☐ Tinned tomatoes
- ☐ Tinned beans (baked beans, chickpeas, kidney beans)
- ☐ Soup
- ☐ Cereal or oats
- ☐ Bread / wraps or flatbreads
- ☐ Couscous

FRESH FRUIT & VEG

- ☐ Potatoes
- ☐ Carrots
- ☐ Broccoli
- ☐ Cabbage
- ☐ Bananas
- ☐ Oranges
- ☐ Grapes
- ☐ Tomatoes
- ☐ Lettuce

DAIRY / ALTERNATIVES

- ☐ Long-life milk

PROTEIN

- ☐ Tinned tuna / fish
- ☐ Lentils / chickpeas
- ☐ Tinned beans
- ☐ Eggs

SNACKS

- ☐ Crackers / cereal bars
- ☐ Peanut butter or spread
- ☐ Dried fruit

FLAVOUR BOOSTERS

- ☐ Mixed herbs
- ☐ Mild curry powder
- ☐ Paprika
- ☐ Stock cubes (veg/chicken)
- ☐ Soy sauce



This is just the start - add healthy items chosen by the families.