



APPENDIX B: LIVING CHOICE FOOD SECURITY PLAN – PANTRY STOCKING LIST

The pantry stocking items listed below are intended to be examples of foods one might request. Items not allowed to be purchased are Tobacco products, alcoholic beverages and energy drinks.

Comprehensive Food Categories Fruits

- Berries (strawberries, blueberries)
- Citrus (oranges, lemons)
- Stone Fruits (peach, plum)
- Pomes (apple, pear)
- Tropical (banana, pineapple)
- Melons (watermelon, cantaloupe)
- Exotic fruits (dragon fruit, jackfruit)
- Prepared fruit (apple sauce, sliced fruit, Jello)

Vegetables

- Leafy greens (spinach, kale)
- Root vegetables (carrots, beets)
- Cruciferous (broccoli, cauliflower)
- Nightshades (tomatoes, bell peppers)
- Squashes (zucchini, butternut squash)

Grains and Cereals

- Whole grains (brown rice, quinoa, oats)
- Refined grains (white rice, pasta, white bread)
- Pseudo-grains (buckwheat, amaranth)



ADDRESS

4345 N. Lincoln Blvd.
Oklahoma City, OK 73105



WEBSITES

oklahoma.gov/ohca
mysooner care.org



PHONE

Admin: 405-522-7300
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Legumes, Nuts, and Seeds

- Legumes (lentils, chickpeas, black beans)
- Nuts (almonds, walnuts, cashews)
- Seeds (chia, flax, pumpkin seeds, sesame)

Dairy Products

- Milk (cow, goat, plant-based alternatives)
- Yogurt (Greek, kefir)
- Cheese (cheddar, mozzarella, feta)
- Sour cream, cream cheese, whipped cream
- Butter, margarine, and ghee
- Eggs (chicken eggs, duck eggs)

Meat, Poultry, and Game

- Red meat (beef, lamb)
- Pork (bacon, ham)
- Poultry (chicken, turkey)
- Deli meat (sliced meat, turkey, ham)
- Processed meats (Vienna sausages, salami, spam)

Fish and Seafood

- Fatty fish (salmon, mackerel)
- Lean fish (cod, tilapia)
- Shellfish (shrimp, crab, mussels)
- Cephalopods (squid, octopus)



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Fats and Oils

- Plant oils (olive, avocado, coconut)
- Animal fats (lard, tallow)
- Nut and seed oils (almond, flaxseed)

Sweets and Confectionery

- Chocolate (dark, milk, white)
- Candies (gummies, hard candies)
- Baked treats (cookies, cakes, pastries)
- Ice cream and gelato

Beverages

- Water (still, sparkling)
- Teas (green, black, herbal)
- Coffee (espresso, drip)
- Juices and smoothies
- Soft drinks
- Sport drinks

Herbs, Spices, and Condiments

- Herbs (basil, cilantro, rosemary)
- Spices (cumin, cinnamon, turmeric, pepper, chili powder, allspice, red pepper flakes, salt, paprika)
- Condiments (ketchup, mustard, soy sauce, hot sauce, vinegar, jam/jelly, peanut butter, salsa, syrup, olives, pickles)
- Sauces (bouillon, broth, alfredo, pasta sauce)



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Processed and Convenience Foods

- Ready-to-eat meals (frozen meals, instant potatoes, rice mix)
- Canned goods (vegetables, fruits, beans, chili, soups, tomato sauce)
- Snack foods (chips, pretzels, microwave popcorn, cookies)
- Instant products (ramen, oatmeal packets, pancake mix)
- Breakfast cereal

Bakery and Pasta

- Breads (baguette, sourdough, rye, tortilla)
- Pastries (croissants, danishes)
- Pasta (spaghetti, macaroni, ramen)
- Desserts (tarts, éclairs, donuts, pie, cakes)

Snacks

- Savory (nuts, popcorn, crackers)
- Sweet (granola bars, fruit snacks)
- Dried fruit (raisins, mango slices)

Fermented Foods

- Dairy (yogurt, kefir)
- Vegetables (sauerkraut, kimchi, pickles)
- Beverages (kombucha, kvass)
- Soy products (tempeh, miso, tofu)

Seaweed and Algae

- Nori (sushi wraps)
- Wakame (salads, soups)
- Spirulina and chlorella (supplements)



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Mushrooms and Fungi

- Button mushrooms
- Shiitake
- Oyster mushrooms
- Morels and porcini

Miscellaneous

- Specialty sugars and sweeteners (honey, maple syrup)
- Baking (flour, baking soda, cake mix, sugar, corn starch, breadcrumbs)



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