

CRITICAL 10

Dr. Olivia Johnson

FOOD PANTRY ITEMS AND HOUSEHOLD STABILITY NEEDS FRAMEWORK



1

PERSONAL HYGIENE ESSENTIALS

Preserves dignity, health, and daily functioning.

- Soap • Shampoo & conditioner • Toothpaste & toothbrushes
- Dental floss • Deodorant • Female hygiene products • Q-tips
- Facial issues • Disposable razors • Hand sanitizer



2

HOUSEHOLD PAPER GOODS & SANITATION

Daily-use cleanliness essentials.

- Toilet paper • Paper towels • Napkins • Trash bags
- Cleaning wipes • Tissues (bulk boxes)



3

INFANT & CHILD CARE NEEDS

Participation in/ proximity to criminal acts.

- Baby formula • Baby food • Diapers (all sizes) • Baby wipes
- Training pants • Infant snacks • Juice boxes
- School snacks • Shelf-stable milk



4

SHELF-STABLE PROTEIN & MEALS

Core nutrition foundation.

- Canned meats (chicken, tuna, salmon) • Low-sodium soups
- Peanut butter • Beans & lentils • Protein bars & shakes
- Nuts • Dried fruit



5

GRAINS, CARBOHYDRATES & BREAKFAST STAPLES

Energy and meal foundation.

- Rice • Pasta • Oatmeal • Cereal • Boxed potatoes
- Flour • Bread • Tortillas/wraps



6

COOKING ESSENTIALS & PANTRY BASICS

Meal preparation essentials.

- Cooking oil • Sugar • Salt & pepper • Spices
- Baking supplies • Condiments • Vinegar • Cooking spray



7

BEVERAGES & HYDRATION SUPPORT

Hydration and nutritional support.

- Bottled water • Coffee • Tea • Drink mixes • Shelf-stable milk • Powdered milk • Electrolyte packets • Juice boxes



8

FAMILY, HOLIDAY & EMERGENCY SUPPORT

Stability during crisis periods.

- Frozen holiday proteins • Disposable pans • Holiday meal kits
- Baking mixes • Family meal kits • Emergency food packs • Gift baskets



9

HOUSEHOLD STABILITY & SUPPORT SYSTEMS

Full household functionality and dignity support.

CLEANING AND LAUNDRY:

- Laundry detergent • Dish Soap
- Sponges • All purpose cleaner • Bleach (controlled use) • Fabric softener • Dishwasher pods • Trash Liners

HOUSEHOLD TOOLS:

- Can openers (CRITICAL) • Storage bags • Food containers • Reusable bags • First-aid kits

FINANCIAL AND STABILITY SUPPORT:

- Monetary donations • Grocery gift cards • Gas/transport vouchers • Volunteer support systems



10

PET CARE & SUPPORT NEEDS

Ensuring stability for the entire household — including animals.

NUTRITION: • Dog food • Cat food • Puppy/kitten/senior formulas • Pet treats

HYGIENE: • Cat litter • Litter boxes • Puppy pads • Waste bags

SUPPLIES: • Collars • Leashes • Harnesses • Bowls • Bedding • crates/ carriers • Toys • Blankets

HEALTH & SAFETY: • Flea/tick prevention (unopened) • Grooming supplies • Pet-safe wipes



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