

1%: Half Gallon **Frozen Meat: 2 lbs Alaskan Pollock or 2lbs Uncooked Shrimp or 2lbs Sliced Turkey**

Bonus Items: 2lbs Natural Almonds and Corn Bread Mix or Sloppy Joe Mix

*Please circle your choices below. If you'd like two of something, write the number 2 beside it.
Please choose no more than 2 of a single item. Total number of items: whatever you need this week.*

Canned Pasta

Pasta w/meat sauce

Spaghetti/ pasta sauce

Vegetables:

Carrots

Creamed corn

Regular corn

Green beans

Potatoes

Mixed Vegetables

Peas

Boxed Pasta/Noodles/Rice:

Hamburger Helper

Tuna Helper

Taco Mac

Mac & cheese

Elbow Macaroni

Egg noodles

Whole Grain Spaghetti Noodles

Spaghetti Noodles

Spaghetti Sauce

Instant Rice

Instant Potatoes

Long Grain White Rice

Misc:

Quick Cook Oats

Instant Oatmeal

Strawberry & Cream

Maple Brown Sugar

Sugar

Flour

Pancake mix

Syrup

Brownie Mix

White Cake Mix

All Purpose Baking Mix

Pudding - Vanilla or Chocolate

Fruits:

Pineapple

Pears

Mandarin Oranges

Peaches

Mixed fruit

Jar of Applesauce

Soup:

Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chicken Noodle

Chunky Chicken Noodle

Chunky Beef

Buffalo Chicken Chili w/Beans

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Black Beans

Baked Beans

Refried Beans

Misc:

15 oz box Raisins

2 lbs Pistachios

Tomato products:

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Maple Cheerios

Corn Flakes

Crisp Rice

Crispy Hexagons

Shredded Wheat

Wheat Bran

Misc

Orange Juice

Saltines

Peanut butter - Creamy

Grape Jelly

Granola Bars

Trail Mix

Toiletries:

Floss

Or

Bar Soap