Bonus Item: Frozen Blueberries AND Frozen Flour Tortillas (8ct)

Canned Meat Selection: Tuna OR Chicken OR Salmon

Meal Tip: *Taco Tuesday or Fiesta Friday* → Use tortillas, spanish rice, & refried beans to get started.

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

Ready Made Meals:

Beef Stew

Canned Pasta w/Meat

Vegetables:

Carrots

Creamed Corn

Whole Kernel Corn

Green Beans

Potatoes

Mixed Vegetables

Peas

One-Dish Pasta Meals:

Hamburger Helper

Tuna Helper

Taco Mac

Pasta & Tomato Sauce

Mac & Cheese

Boxed Pasta/Noodles/Rice:

Gluten-Free Penne Pasta

Long Grain White Rice

Spaghetti Noodles

Spanish Rice

Baking:

Instant Oatmeal

Instant Dry Milk

Pancake Mix

Syrup

Baking Mix

Blueberry Muffin Mix

Fig Pieces

Raisins (15oz box)

Vanilla Pudding

Palm Oil

Spices: Tarragon ~ Allspice ~

Red Pepper ~ Black Peppercorn

Fruits:

Pears

Peaches

Mixed fruit

Applesauce
   (sweetened or unsweetened)

Soup:

Vegetable

Tomato

Chicken Noodle

Cream of Chicken

Beans:

Pinto Beans

Kidney Beans

Chickpeas

Black Beans

Refried Beans

Baked Beans

Vegetarian Beans (in Tomato Sauce)

Lentils (dry)

Canned Tomatoes:

Diced Tomatoes

Whole Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Multi-Grain Cheerios

Lucky Charms

Wheat Bran

Misc:

Fruit & Nut Mix

Celestial (Black) Tea

Raisins (6ct Snack Packs)

Fruit Snacks

Tuna Salad Snack Kit (2)

Birthday Bag - child or adult

Toiletries:

Baby Wipes

Bar Soap

Body Wash

Dental Floss

Diapers (Newborn - size 6)

Hand Sanitizer

Hand Soap

Tampons

Toilet Paper

Toothbrush (Adults or Kids)

_____

Please choose only one item

from the list below:

Paper Towels

OR

Household Cleaner

OR

Stain & Odor Remover

(hard surface)

OR

Stainless Steel Cleaner

OR

Window Cleaner

_____