

**Milk: 1% Gallon OR half Gallon  
Eggs**

**Canned Meat: Tuna OR Chicken OR Salmon  
OR Beef Stew**

*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:**

Spaghetti w/ tomato sauce

**Vegetables:**

Carrots

Creamed corn

Regular corn

Green beans

Mixed Vegetables

Peas

Sliced Potatoes

**Boxed Pasta/Noodles/Rice:**

Tuna Helper

Hamburger Helper

Stuffing Mix - Chicken

Taco Mac

Mac & cheese

Elbow Macaroni

Spaghetti noodles

Spaghetti Sauce

Long grain Brown rice

**Misc:**

Instant Oatmeal

Pancake mix & syrup

Bisquick Baking Mix

Blueberry Muffin Mix

**Fruits:**

Pears

Pineapple

Mandarin Oranges

Peaches

Mixed fruit

Applesauce

Canned pumpkin

**Soup:**

Vegetable

Tomato

Cream of Mushroom

Cream of Chicken

Chicken Noodle

**Beans:**

Pork 'n Beans

Kidney beans

Chickpeas

Chili beans

Baked Beans

**Misc:**

1 lb dried Plums

15 oz box Raisins

16 oz dried Fig Pieces

2 lbs dried Cherries

30 oz Dried Cranberries

1 lb Shelled Walnuts

**Tomato products:**

Tomato Sauce

**Cereal:**

Cheerios

Multi Grain Cheerios

Berry Crisp Crunch

Cocoa rageous

**Misc:**

Orange Juice

Peanut butter - Creamy

Grape jelly

Saltines

Granola Bars

**Household Items:**

Tampons OR Pads

Mens' OR Womens' Deodorant