

2% Milk: Gallon or Half Gallon

Canned Meat: Tuna or Chicken Or Salmon or Beef Stew

Bonus Items: 2lbs Natural Almonds

Toiletries: 2n1 Shampoo/Conditioner Or Deodorant

Men's or Women's

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

Misc Pasta

Egg noodles

Whole Grain Spaghetti Noodles

Spaghetti Noodles

Spaghetti Sauce

Instant Potatoes

Instant Rice

Long Grain White Rice

Misc:

Quick Cook Oats

Instant Oatmeal

Strawberry & Cream

Peaches & Cream

Raisin, Walnut & Date

Pancake mix

Syrup

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 Beef

Chili with Beans

Buffalo Chicken Chili w/Beans

Beans:

Pork 'n Beans

Pinto Beans

Chickpeas

Chili Beans

Kidney Beans

Baked Beans

Refried Beans

Northern Beans

Misc:

15 oz box Raisins

2 lbs Pistachios

Tomato products:

Diced Tomatoes

Tomato Sauce

Cereal:

Cheerios

Honey Nut Cheerios

Multi Grain Cheerios

Corn Flakes

Crisp Rice

Lucky Charms

Crispy Hexagons

Shredded Wheat

Wheat Bran

Misc

Orange Juice

Saltines

Snack Crackers

Peanut butter - Creamy

Grape Jelly

Strawberry Preserves

Granola Bars

Trail Mix