

FIRST & LAST NAME: \_\_\_\_\_

**Canned Meat: TUNA or CHICKEN or SALMON or BEEF STEW**

**Bonus: FROZEN EGG PRODUCT**

**FRESH PRODUCE**

**Mealkit: TACO MAC GOULASH**

*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.*

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**Canned Pasta**

Pasta Rings in Tomato Sauce  
Ravioli

**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  
Spaghetti Noodles  
Spaghetti Sauce  
Instant Potatoes  
Long Grain White Rice

**Misc:**

Quick Cook Oats  
Instant Oatmeal Variety Pack  
Pancake mix  
Syrup  
White Cake Mix  
White Frosting  
Chocolate Frosting  
Corn Muffin Mix  
Apple Cinnamon Muffin Mix

Blueberry Muffin Mix  
Brownie Mix  
Jello: Cherry or Orange

**Fruits:**

Pineapple  
Pears  
Mandarin Oranges  
Peaches  
Mixed fruit  
Applesauce

**Soup:**

Chunky Vegetable  
Tomato  
Cream of Chicken  
Cream of Mushroom  
Chicken Noodle  
Chunky Chicken Noodle  
Chunky Beef

**Beans:**

Pork 'n Beans  
Pinto Beans  
Chickpeas  
Chili Beans  
Kidney Beans  
Black Beans  
Baked Beans  
Refried Beans

**Misc:**

1 lb Shelled Walnuts  
Raisins  
Yellow Split Peas(dry)

**Tomato products**

Diced Tomatoes  
Tomato Sauce

**Cereal:**

Cheerios  
Honey Nut Cheerios  
Corn Biscuits  
Corn Flakes  
Crisp Rice  
Crispy Hexagons  
Wheat Bran

**Misc**

Saltines  
Snack Crackers  
Peanut butter - Creamy  
Strawberry Preserves  
Palm Oil  
Fruit Snacks  
Salted Pop Chips  
Granola Bars  
Granola

**Toiletries:**

Alcohol Wipes  
or  
Bathroom Cleaner