

FIRST & LAST NAME: _____

NO MILK

Canned Meat: TUNA or CHICKEN or SALMON or BEEF STEW

FRESH PRODUCE

Bonus: FROZEN MIXED PEPPERS & ONIONS FROZEN EGG PRODUCT BUTTER BREAD

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 Rings in Tomato Sauce
Ravioli

Vegetables:

Carrots
Creamed corn
Regular corn
Green beans
Potatoes
Mixed Vegetables
Peas

Boxed Pasta/Noodles/Rice:

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: Maple &
Brown Sugar
Instant Dry Milk
Pancake mix
Syrup
White Cake Mix
White Frosting
Chocolate Frosting

Brownie Mix
Corn Muffin Mix
Apple Cinnamon Muffin Mix
Blueberry Muffin Mix

Fruits:

Pineapple
Pears
Mandarin Oranges
Peaches
Mixed fruit

Soup:

Chunky Vegetable
Tomato
Cream of Chicken (canned)
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
Fig Pieces

Tomato products

Diced Tomatoes
Tomato Sauce

Cereal:

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

Misc

Saltines
Peanut butter - Creamy
Palm Oil
Fruit Snacks
Granola Bars

Toiletries:

Bar Soap
or
Tampons