

FIRST & LAST NAME: _____

MILK - 2% HALF GALLON

Canned Meat: TUNA or CHICKEN or SALMON

Bonus Item: ACORN SQUASH and GREEN PEPPERS

*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
Pasta with Meat Sauce
Pasta in Tomato Sauce

Stuffing Mix
Instant Potato Flakes
Flavored Instant Potatoes

Soup:

Vegetable
Tomato
Cream of Chicken
Cream of Mushroom

Vegetables:

Carrots
Creamed corn
Regular corn
Green beans
Potatoes
Mixed Vegetables
Peas

Misc:

Quick Cook Oats
Instant Oatmeal
Instant Dry Milk
Pancake mix
Syrup

Chicken Noodle
Chunky Chicken Noodle
Vegetable Beef
Chili with Beans

Boxed Pasta/Noodles/Rice:

Hamburger Helper
Tuna Helper
Taco Mac
Ramen Noodles
Mac & cheese
Elbow Macaroni
Misc Pasta Noodles
Egg Noodles
Spaghetti Noodles
Spaghetti Sauce
Long Grain White Rice
Flavored Rice Sides

White Cake Mix

White Frosting
Chocolate Frosting
Brownie Mix
Corn Muffin Mix
Apple Cinnamon Muffin Mix
Blueberry Muffin Mix
Chocolate Pudding
Vanilla Pudding

Beans:

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

Fruits:

Pineapple
Pears
Mandarin Oranges
Peaches
Mixed fruit
Applesauce

Misc:

Raisins
Fig Pieces

Continued on back page

Tomato products

Diced Tomatoes
Diced Tomatoes with Chilis
Tomato Sauce

Cereal:

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

Misc

Saltines
Snack Crackers
Peanut butter - Creamy
Grape Jelly
Strawberry Preserves
Palm Oil
Fruit Snacks
Granola Bars
Trail Mix
Baby Food/Formula
Birthday Kit

Toiletries:

*Total number of items: whatever
you need this week. However,
LIMIT 1 of
a single item:*

Kleenex
Dish Soap
Hand Sanitizer
Kids Shampoo, Body Wash (variety)
Disinfectant Cleaner
Alcohol Wipes
Laundry Soap
Diapers (Newborn - size 7 & Pull-ups)
Baby Wipes
Men's Deodorant
Shaving Cream
Razor
Hand Soap
Dental Floss
Toothbrush
Toothpaste
Shampoo
Conditioner
Body Wash
Bar Soap
Panty Liners
Maxi Pads
Tampons
Kids Face Masks (ages 4+)
PPE Kit