

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

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

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*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

**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 Noodles  
Egg Noodles  
Spaghetti Noodles  
Spaghetti Sauce  
Long Grain White Rice  
Instant Potato Flakes

**Baking:**

Quick Cook Oats  
Instant Oatmeal  
Instant Dry Milk  
Pancake mix  
Syrup  
Chocolate Frosting  
Brownie Mix  
Corn Muffin Mix  
Apple Cinnamon Muffin Mix  
Chocolate Pudding  
Vanilla Pudding

**Fruits:**

Pears  
Peaches  
Mixed fruit  
Applesauce

**Soup:**

Vegetable  
Tomato  
Cream of Chicken  
Cream of Mushroom  
Chicken Noodle  
Vegetable Beef  
Chili with Beans

**Beans:**

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

**Dried Fruit/Nuts:**

Raisins  
Fig Pieces

**Tomato products**

Diced Tomatoes  
Tomato Sauce

**Cereal:**

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

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**Misc**

Saltines  
Pita Chips  
Peanut butter - Creamy  
Grape Jelly  
Strawberry Preserves  
Palm Oil  
Fruit Snacks  
Granola Bars  
Baby Food/Formula  
Birthday Kit

**Toiletries:**

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

*a single item:*

Hand Sanitizer  
Disinfectant Cleaner  
Alcohol Wipes  
Diapers (Newborn - size 7 & Pull-ups)  
Baby Wipes  
Men's Deodorant  
Razor  
Dental Floss  
Toothbrush  
Toothpaste  
Bar Soap  
Panty Liners  
Maxi Pads  
Tampons  
PPE Kit