

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

**Canned Meat: Tuna or Chicken or Salmon**

**Bonus Item: Frozen Egg Product**

---

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

Syrup  
Chocolate Frosting  
Apple Cinnamon Muffin Mix  
Vanilla Pudding

**Dried Fruit/Nuts:**

Raisins  
Fig Pieces

**Vegetables:**

Carrots  
Creamed corn  
Regular corn  
Green beans  
Potatoes  
Mixed Vegetables  
Peas

**Fruits:**

Pears  
Peaches  
Mixed fruit

**Tomato products**

Diced Tomatoes

**Cereal:**

Cheerios  
Corn Biscuits  
Corn Flakes  
Crisp Rice  
Wheat Bran

**Soup:**

Vegetable  
Tomato  
Cream of Chicken  
Cream of Mushroom

**Boxed Pasta/Noodles/Rice:**

Hamburger Helper  
Tuna Helper  
Taco Mac  
Mac & cheese  
Misc Pasta Noodles  
Spaghetti Noodles  
Spaghetti Sauce  
Misc. Rice or Pasta Sides  
Instant Potato Flakes

Chicken Noodle  
Vegetable Beef  
Chili with Beans

**Beans:**

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

**Misc**

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

**Baking:**

Rolled Oats  
Instant Dry Milk  
Pancake mix

Toiletries on page 2

**Toiletries:**

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

*a single item:*

Hand Sanitizer

Hand Soap

Alcohol Wipes

Diapers (Newborn - size 6 & Pull-ups)

Men's Deodorant

Razor

Dental Floss

Toothbrush

Toothpaste

2 in 1 Hair/Body Wash

Bar Soap

Panty Liners

Tampons

Kids Face Masks

PPE Kit