

~Please Note: Toiletries on Page 2~ FIRST & LAST NAME: \_\_\_\_\_

**No Milk**

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

**Bonus Items: Dozen Eggs and Yogurt (Blueberry or Vanilla Bean or Lemon)**

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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  
Ravioli  
Pasta in Tomato Sauce

Syrup  
Chocolate Frosting  
Apple Cinnamon Muffin Mix  
Vanilla Pudding  
Vegetable Oil

**Dried Fruit/Nuts:**

Raisins  
Fig Pieces  
Pistachios

**Vegetables:**

Carrots  
Creamed corn  
Regular corn  
Green beans  
Sweet Potatoes  
Mixed Vegetables  
Peas

**Fruits:**  
Pears  
Peaches  
Mixed fruit  
Applesauce  
Cranberry Sauce

**Tomato products**

Diced Tomatoes

**Cereal:**

Corn Biscuits  
Corn Flakes  
Wheat Bran  
Shredded Wheat

**Boxed Pasta/Noodles/Rice:**

Hamburger Helper  
Tuna Helper  
Taco Mac  
Mac & cheese  
Misc Pasta Noodles  
Spaghetti Noodles  
Spaghetti Sauce  
Instant Potato Flakes

**Soup:**  
Vegetable  
Vegetable Beef  
Tomato  
Cream of Mushroom  
Chicken Noodle  
Homestyle Chicken Noodle  
Chili with Beans

**Misc**

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

**Baking:**

Rolled Oats  
Instant Oatmeal  
Instant Dry Milk  
Pancake mix

**Beans:**  
Pork 'n Beans  
Pinto Beans  
Chickpeas  
Kidney Beans  
Black Beans  
Baked Beans

**Toiletries:**

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

Toilet Paper

Kleenex

Paper Towels

Hand Sanitizer

Hand Soap

Alcohol Wipes

Diapers (Newborn - size 6 & Pull-ups)

Baby Wipes

Deodorant (Mens or Womens)

Shampoo

Conditioner

Razor

Dental Floss

Toothbrush

Toothpaste

Bar Soap

Body Wash

Panty Liners

Feminine Pads

Tampons

Kids Face Masks

PPE Kit