

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

**Canned Meat (please select only one): Tuna OR Chicken OR Salmon**

**Bonus Items: Eggs AND Frozen Corn Toiletries Bonus: Laundry Soap OR Dish Soap**

**Starter Meal Kit: Baked Chicken Casserole (includes recipe and a majority of the needed ingredients)**

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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.*

**Meat/Pasta Meals**

Beef Stew

**Vegetables:**

Creamed Corn

Regular Corn

Green Beans

French Style Green Beans

Sweet Potatoes

Potatoes

Mixed Vegetables

Peas

**Boxed Pasta/Noodles/Rice:**

Hamburger Helper

Tuna Helper

Taco Mac

Mac & Cheese

Egg Noodles

Spaghetti Noodles

Spaghetti Sauce

Bread Crumbs

Roasted Garlic Potato Flakes

**Baking:**

Instant Oatmeal - Original

Instant Oatmeal - Flavored

Rolled Quick Oats

Instant Dry Milk

Baking Mix

Syrup

Frosting - Chocolate

Vegetable Oil

Palm Oil

**Fruits:**

Pears

Peaches

Mixed fruit

**Soup:**

Vegetable

Tomato

Cream of Chicken

Cream of Mushroom

Chili with Beans

**Beans:**

Pinto Beans

Chickpeas

Black Beans

**Dried Fruit/Nuts:**

Raisins

Fig Pieces

**Cereal:**

Corn Biscuits

Corn Flakes

Wheat Bran

**Misc**

Orange Juice

Peanut butter - Creamy

Grape Jelly

Granola Bars

Fruit Snacks

Baby Food/Formula

**Toiletries:**

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

Alcohol/Disinfectant Wipes

Baby Wipes

Bar Soap

Body Wash

Dental Floss

Deodorant (for Men)

Diapers (Newborn - size 6 & Pull-ups)

Feminine Pads

Hand Sanitizer

Hand Soap

Kids Face Masks

Paper Towels

PPE Kit

Razor

Shaving Cream

Tampons

Toothbrush (kids)

Toothpaste