

FIRST & LAST NAME: _____

Frozen Meat Selection: <https://forms.gle/WvtSidoAjD1FtsKD7>

Bonus Items: Eggs

Meal Tip: Breakfast for Supper → Try an egg bake, biscuits & gravy, or adding raisins to oatmeal

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

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

Long Grain Rice

Baking:

Instant Oatmeal - Original

Instant Oatmeal - Flavored

Rolled Quick Oats

Instant Dry Milk

Baking Mix

Syrup

Frosting - Chocolate

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

Kids Face Masks

PPE Kit

Tampons

Toothbrush (Adults or Kids)

Toothpaste