

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

Wk of 2/28/22

**Bonus Items:** Farm Eggs and Frozen Blueberries

**Meal Tip:** Try [Blueberries](#) with the pancake/baking mix or oatmeal.

**Canned Meat Selection:** Tuna OR Chicken OR Salmon

---

***Temporarily we will be limiting our pantry foods to 1 per single item.***

*Please circle your choices below. Thank you in advance for understanding.*

**Ready Made Meals**

Beef Stew

Meat Ravioli in Tomato Sauce

Pasta Rings in Tomato Sauce

**Vegetables:**

Carrots

Regular Corn

Green Beans

Potatoes

Mixed Vegetables

Peas

**One-Dish Pasta Meals:**

Hamburger Helper

Tuna Helper

Taco Mac

Pasta & Tomato Sauce

Mac & Cheese

**Boxed Pasta/Noodles/Rice:**

Bread Crumbs

Elbow Macaroni

Egg Noodles

Instant Potatoes

Chicken Rice Side Dish

Spaghetti Noodles

Spaghetti Sauce

Stuffing Mix

**Baking:**

Instant Oatmeal

Pancake Mix

Syrup

Baking Mix

Blueberry Muffin Mix

White Cake Mix

White Frosting

Raisins (15oz box)

Pudding - Vanilla or Chocolate

Vegetable Oil

Palm Oil

**Fruits:**

Pineapple Chunks

Pears

Mandarin Oranges

Peaches

Mixed fruit

Applesauce (sweetened/unsweetened)

**Soup:**

Vegetable

Tomato

Chicken Noodle

Cream of Chicken

Chunky Chicken Noodle

Chunky Vegetable Beef

Chili with Beans

**Beans:**

Pork & Beans

Pinto Beans

Chili Beans

Kidney Beans

Chickpeas

Black Beans

Refried Beans

Vegetarian Beans (in Tomato Sauce)

Lentils (dry)

**Canned Tomatoes:**

Diced Tomatoes

Tomato Sauce

**Cereal:**

Corn Biscuits

Corn Flakes

Honey Nut Cheerios

Multi-Grain Cheerios

Strawberry-Banana Cheerios

Wheat Bran

**Misc**

Saltine Crackers

Fruit Snacks

Granola Bars

Fruit & Nut Mix

Grape Jelly

Raisins (6ct Snack Packs)

Tuna Salad Snack Kit

**Toiletries List on the back—>**

**Toiletries:**

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

Baby Wipes

Bar Soap

Body Wash

Dental Floss

Deodorant (for Men)

Diapers (Newborn - size 6 & Pull-ups)

Feminine Pads/Liners

Hand Sanitizer

Hand Soap

Lotion

Tampons

Toothbrush (Adults or Kids)

Toothpaste