

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

Wk of 3/07/22

**Bonus Items: 1% Gallon Milk** and **Grapefruit** and **Frozen Corn**

**Canned Meat Selection: 1 lb Ground Pork OR Pacific Whiting Fish Fillets (skin on)**

*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

Pancake Mix  
Syrup  
Baking Mix  
Cornbread Mix  
Blueberry Muffin Mix  
White Cake Mix  
White Frosting  
Raisins (15oz box)  
Pudding - Vanilla or Chocolate  
Vegetable Oil  
Palm Oil

Chili Beans  
Kidney Beans  
Chickpeas  
Black Beans  
Refried Beans  
Vegetarian Beans (in Tomato Sauce)  
Lentils (dry)

**Vegetables:**

Carrots  
Regular Corn  
Green Beans  
Potatoes  
Mixed Vegetables  
Peas

**Canned Tomatoes:**

Diced Tomatoes  
Tomato Sauce

**One-Dish Pasta Meals:**

Hamburger Helper  
Tuna Helper  
Taco Mac  
Pasta & Tomato Sauce  
Mac & Cheese

**Fruits:**

Pineapple Chunks  
Pears  
Mandarin Oranges  
Peaches  
Mixed fruit  
Applesauce  
(sweetened or unsweetened)

**Cereal:**

Corn Flakes  
Wheat Bran

**Boxed Pasta/Noodles/Rice:**

Bread Crumbs  
Elbow Macaroni  
Egg Noodles  
Instant Potatoes  
Chicken Rice Side Dish  
Spaghetti Noodles  
Spaghetti Sauce  
Stuffing Mix

**Soup:**

Vegetable  
Tomato  
Chicken Noodle  
Cream of Chicken  
Chunky Chicken Noodle  
Chunky Vegetable Beef  
Chili with Beans

**Misc**

Saltine Crackers  
Fruit Snacks  
Fruit & Nut Mix  
Celestial (Black) Tea  
Grape Jelly  
Raisins (6ct Snack Packs)  
Tuna Salad Snack Kit

**Baking:**

Instant Oatmeal

**Beans:**

Pork & Beans  
Pinto Beans

**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)

Feminine Pads/Liners

Hand Sanitizer

Hand Soap

Lotion

Tampons

Toilet Paper

Toothbrush (Adults or Kids)

Toothpaste