

FIRST & LAST NAME: _____

Wk of 4/04/22

Bonus Item: Spices → Tarragon | Red Pepper | Allspice | Black Peppercorn

Frozen Meat Selection: Boneless Pork Loin Roast OR Fish Nuggets OR 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

Vegetables:

Carrots
Creamed Corn
Whole Kernel Corn
Green Beans
Potatoes
Mixed Vegetables
Peas

One-Dish Pasta Meals:

Chicken Helper (Alfredo)
Hamburger Helper
Tuna Helper
Taco Mac
Pasta & Tomato Sauce
Mac & Cheese

Boxed Pasta/Noodles/Rice:

Assorted Boxed Pasta
Gluten-Free Penne Pasta
Instant Potatoes
Long Grain White Rice
Flavored Rice Side Dish

Baking:

Instant Oatmeal
Instant Dry Milk
Pancake Mix
Syrup
Baking Mix
Blueberry Muffin Mix
Fig Pieces
Raisins (15oz box)
Pudding - Vanilla **or** Chocolate
Palm Oil

Fruits:

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

Soup:

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

Beans:

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

Canned Tomatoes:

Diced Tomatoes
Whole Tomatoes
Tomato Sauce

Cereal:

Cheerios
Honey Nut Cheerios
Lucky Charms
Wheat Bran

Misc:

Fruit & Nut Mix
Celestial (Black) Tea
Raisins (6ct Snack Packs)
Fruit Snacks
Granola Bars
Tuna Salad Snack Kit (2)
Birthday Bag - child or adult

Toiletries List is on the back →

Toiletries:

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

Baby Wipes

Bar Soap

Dental Floss

[Men's] Deodorant

Diapers (Newborn - size 6)

Hand Sanitizer

Hand Soap

Razor

Tampons

Toothbrush (Adults or Kids)

**Please choose only one item
from the list below:**

Disinfectant Wipes

OR

Household Cleaner

OR

Stainless Steel Cleaner

OR

Toilet Bowl Cleaner

OR

Toilet Paper
