**FIRST & LAST NAME:** _____

**Bonus Items: Frozen Blueberries** and **Frozen Tortillas** and **Frozen Egg Product** and **6-ct Eggs**

**Frozen Meat Selection: 1lb Ground Beef** OR **1lb Ground Pork**

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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 (limit 1 for any item with an asterisk (\*) next to it). Total number of items: whatever you need this week*

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**Heat-n-Serve Meals:**

Beef Stew

Vegetarian Chili w/ Beans

Spaghetti with Meat

**Vegetables:**

Carrots

Whole Kernel Corn

Green Beans

Potatoes

Mixed Vegetables

Peas

**One-Dish Pasta Meals:**

Chicken Helper*

Hamburger Helper

Tuna Helper

Taco Mac

Pasta & Tomato Sauce

Mac & Cheese

**Boxed Pasta/Noodles/Rice:**

Gluten-Free Penne Pasta

Spaghetti Noodles

Pasta Sauce*

Bread Crumbs

Instant Potatoes

Basmati Rice

Spanish Rice

**Baking:**

Instant Oatmeal

Instant Dry Milk

Pancake Mix

Baking Mix*

Fig Pieces

Raisins (15oz box)

Spices:  Tarragon ~ Allspice ~

Red Pepper ~ Black Peppercorn

Palm Oil

**Fruits:**

Pears

Peaches

Mixed fruit

Applesauce
   (sweetened or unsweetened)

**Soup:**

Vegetable

Tomato

Chicken Noodle

Cream of Chicken

**Beans:**

Pinto Beans

Chickpeas

Black Beans*

Refried Beans

Baked Beans

Vegetarian Beans (in Tomato Sauce)

Lentils (dry)

**Canned Tomatoes:**

Whole Tomatoes

**Cereal:**

Cheerios

Honey Nut Cheerios

Multi-Grain Cheerios

Lucky Charms

Cocoa Puffs

Rice Krispies

Wheat Bran

**Misc:**

Grapefruit Juice

Creamy Peanut Butter

Strawberry Jelly

Fruit & Nut Mix

Raisins (6ct Snack Packs)

Fruit Snacks

Tortilla Chips*

Tuna Salad Snack Kit (4)

_____

**\*limit one**

**Toiletries list on the back.**

→ → → → → → → →

## **Toiletries:**

Baby Wipes

Bar Soap

Body Wash

Dental Floss

Diapers (Newborn - size 5, Pull-Ups 2t/3t)

Feminine Pads

Hand Sanitizer

Incontinence Items
>  *Underwear (Men/Women)*
>  *Pads (Women)*
>  *Bed Pads*

Kleenex

Razor

Scrub Sponge

Tampons

Toilet Paper

Toothbrush