

FIRST & LAST NAME: _____

Wk of 5/09/22

Meal Starter Kit: Dressed Up Canned Beans in Tomato Sauce (canned beans, red pepper flakes, & recipe)

Canned Meat Selection: Tuna or Chicken or Salmon **Bonus Items: 2% Milk (1 gallon)**

Please circle your choices below, selecting whatever you need this week. If you'd like two of something, write the number 2 beside it. Please choose no more than 2 of a single item, and limit 1 for any item with an asterisk () next to it. Due to limited supplies, items will be available while they last; orders not picked up by Friday will be returned to inventory the following Monday.*

Heat-n-Serve Meals:

Beef Stew
Vegetarian Chili w/ Beans

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
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 ~
 Black Peppercorn
Palm Oil*

Fruits:

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

Soup:

Vegetable
Tomato
Cream of Chicken

Beans:

Pinto Beans
Kidney Beans*
Chickpeas

Black Beans*
Refried Beans
Baked Beans
Vegetarian Beans (in Tomato Sauce)
Lentils (dry)

Cereal:

Cheerios
Honey Nut Cheerios
Multi-Grain Cheerios
Lucky Charms*
Cocoa Puffs*
Rice Krispies
Wheat Bran*

Misc:

Grapefruit Juice
Creamy Peanut Butter
Strawberry or Grape Jelly*
Fruit & Nut Mix*
Raisins (6ct Snack Packs)
Fruit Snacks
Tuna Salad Snack Kit (4)

***limit one**

Toiletries list on the back.

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Toiletries:

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

Baby Wipes

Bar Soap

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

Tampons

Toothbrush