



Jewish Family  
SERVICES

DATE: \_\_\_\_\_ NAME (PLEASE PRINT): \_\_\_\_\_ Waiting: \_\_\_\_\_ P/U Date: \_\_\_\_\_

NUMBER ADULTS: \_\_\_\_\_ NUMBER CHILDREN: \_\_\_\_\_ DIETARY RESTRICTIONS: \_\_\_\_\_

Clients may access Food Pantry every 2 weeks. **All items are subject to availability.** Please circle your choices.  
Orders may be faxed to 704.364.6596 or emailed to [jfsfoodpantry@jfscharlotte.org](mailto:jfsfoodpantry@jfscharlotte.org).

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|--|--|--|--|
| <b>GRAINS</b>  | Saltines (limited)<br>Mac & cheese                               | Rice: flavored, white, brown<br>Pasta (spaghetti or variety) | Limited Items Below<br>Quinoa with artichoke & roasted pepper                |
| <b>BREAKFAST</b>                                       | Boxed Cereal<br>Toast0'em Pop-Ups (limited)                      | Oatmeal  | Grits  |
| <b>CANNED VEGETABLES</b>                               | Corn<br>Green beans<br>Spinach<br>Carrots                        | Mixed vegetables<br>Potatoes<br>Beets (limited)              | Peas<br>Lima beans (limited)<br>Collard greens (limited)<br>Tomatoes, canned |
| <b>EXTRA CANNED &amp; DRY ITEMS</b>                    | Pasta sauce (limited)<br>Ravioli (limited)<br>Skillet meals      | Tomato sauce<br>Chili (limited)                              | Tomato Paste<br>Assorted cracker varieties                                   |
| <b>CONDIMENTS</b>                                      | Salad dressing<br>Mayonnaise                                     | Ketchup<br>Mustard (yellow / spicy)                          | Preserves<br>Grape jelly   |
| <b>SOUPS</b>   | Soup noodles<br>"Cream of..." soups<br>Soup varieties            | Chicken noodle<br>Tomato soup<br>Chicken broth (limited)     | Ramen noodle soup<br>Cup of noodles  |
| <b>PROTEINS: Meat, tuna, salmon,<br/>Chicken, etc.</b> | Tuna<br>Chicken  | Salmon (limited)<br>Sardines                                 | Peanut butter  |
| <b>BEANS</b>   | Black<br>Garbanzo<br>Kidney beans                                | Pinto<br>Black-eyed peas<br>Cannellini                       | Northern (limited)<br>Navy (limited)<br>Baked beans (limited)                |
| <b>CANNED FRUIT</b>                                    | Fruit cocktail<br>Pears  | Peaches (limited)<br>Cranberry sauce                         | Applesauce<br>Mandarin oranges   |
| <b>BAKING &amp; SPICES<br/>(All limited items)</b>     | Bread mix<br>Chocolate muffin & cake mix<br>Cookie mix (pumpkin) | Cake mix<br>Pumpkin pie mix<br>Apple pie filling             | Granulated sugar<br>Sugar packets<br>Sweetener<br>Pumpkin                    |

|  |                                |                               |                                     |
|--|--------------------------------|-------------------------------|-------------------------------------|
| <b>SNACKS (PICK 2)</b>   | Cookies (limited)              | Granola / breakfast bars      | Peanut butter / cheese crackers     |
|  | Chips / pretzels               | Jell-O/ pudding mix / cups    | Popcorn                             |
| <b>BEVERAGES</b>   | Tea                            | Ensure / Boost                | Creamer                             |
|  | Juice boxes                    | Water enhancers (limited)     | Ginger drink mix                    |
|  | Fruit punch (limited)          | Hot chocolate                 | Bottled water                       |
|  | Bottled / canned juice         | Coffee Mate                   | Coffee, Regular, Ground (limited)   |
|  | Powerade (limited)             | Soda (diet / regular)         | Coffee, Regular, Singles            |
| <b>NON-FOOD ITEMS</b>  | Laundry detergent              | Facial tissue (limited)       | Paper plates                        |
|  | Toilet paper                   | Paper towels                  | Automatic Dishwashing gel (limited) |
|  | Plastic utensils               | Bounce dryer sheets (limited) | Solo cups                           |
|  | Comet (limited)                |                               |                                     |
| <b>TOILETRIES</b>  | Shampoo                        | Bar soap                      | Toothpaste/ toothbrushes            |
|  | Conditioner                    | Hand sanitizer (limited)      | Disposable underwear                |
|  | Moisturizing lotion            | Razors                        | Adult diapers                       |
|  | Shower caps (limited)          | Feminine hygiene (limited)    | Deodorant                           |
|  | Mending kit                    | Cleansing wipes               | Grooming kit                        |
|  | Shave foam                     |                               |                                     |
| <b>ONE OF A KIND ITEMS</b>   |                                | Birthday candles              | Protein pack snack                  |
|  | Chocolate syrup                | Candy                         | Brining bag                         |
| <b>Generally, there is only one each of the items in this section.</b> | Vegetable soup & seasoning mix | Non-dairy creamer             | Madras lentils                      |
|  | Chinese noodles                | Popcorn ball kit              | Buffalo wing sauce                  |
|  | Tenta                          | Charoset                      | Cane syrup                          |
| <b>It is first come first served</b>                                   | Taco shells                    | Rice Krispy treats            | Sweet relish                        |
|  | Dry glaze                      | Crunch mix                    | 4-bean salad                        |
|  |                                | Worcestershire sauce          | Fajita seasoning mix                |
| <b>JEWISH ITEMS (limited)</b>  | Shabbos candles                | Cake meal                     | Potato pancake mix                  |
|  | Yahrzeit candles               | Matzo meal                    | Matzo ball mix                      |
|  | Matzo crackers                 | Matzo                         | Sweet matzo brei                    |
|  |                                | Matzo farfel                  |                                     |
| <b>FROZEN ITEMS</b>  | Prepared meals                 | Bagels                        | Challah (limited)                   |
| <b>REFRIGERATED ITEMS</b>  |                                |                               |                                     |
| <b>Ask about fresh vegetables!</b>                                     |                                |                               |                                     |

**Some items may have a "Best By Date" of 2017. If you do not wish to receive an item with a 2017 date, please notify the staff.**

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