



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).

<b>GRAINS</b>	Saltines	Rice: Flavored, brown, white	Limited Items Below	
	Mac & cheese	Pasta (spaghetti or variety)	Orzo	Quinoa
<b>BREAKFAST</b>	Boxed Cereal	Oatmeal	Toaster pastries (limited)	
	Pancake mix (limited)	Syrup (limited)		
<b>CANNED VEGETABLES</b>	Corn	Mixed vegetables	Peas	
	Green beans	Carrots	Sweet potatoes (limited)	
	Peas & carrots	Potatoes	Tomatoes, canned	
<b>EXTRA CANNED &amp; DRY ITEMS</b>	Pasta sauce	Tomato sauce	Tomato Paste	
	Boxed / packaged meals	Chili (limited)	Assorted cracker varieties	
	Ravioli			
<b>CONDIMENTS</b>	Salad dressing	Mayonnaise	Preserves	
	Mustard: yellow, spicy	Grape jelly (limited)		
<b>SOUPS</b>	"Cream of..." soups	Chicken noodle	Ramen noodle soup	
	Soup varieties	Tomato soup	Cup of soup	
	Chicken broth	Vegetable broth	Beef broth (limited)	
	Soup noodles			
<b>PROTEINS: Meat, tuna, salmon, Chicken, etc.</b>	Tuna	Chicken, canned	Peanut butter	
	Beef crumbles	Sardines (limited)		
<b>BEANS</b>	Black	Pinto	Northern	
	Garbanzo	Cannellini (limited)	Butter (limited)	
	Kidney beans	Black-eyed peas	Refried	
	Navy (limited)	Baked beans		
<b>CANNED FRUIT</b>	Fruit cocktail	Peaches	Applesauce	
	Pears	Cranberry sauce (limited)	Pineapple	
	Mandarin oranges			
<b>BAKING &amp; SPICES (All limited items)</b>	Pumpkin (limited)	Artificial sweetener	Apple cider vinegar	
	Flour	Pie crust	Light brown sugar	
	Cane sugar	Evaporated milk	Condensed milk	
	Muffin mix	Pie crust mix	No bake Jell-O mix	
	Cake mix	Cupcake mix	Cornbread mix	

	Cookie mix		
<b>SNACKS (PICK 2)</b>	Chips	Granola / breakfast bars	Peanut butter crackers
	Cookies	Jell-O mix / pudding cups	
	Fruity snacks		
<b>BEVERAGES</b>	Tea	Protein drinks (limited)	Coffee, Regular, Singles
	Juice boxes	Creamer	Coffee, Regular, Ground
	Water	Flavored water	Coffee, Decaf, Ground
	Bottled juice (limited)	Lemonade / peach mix	Coffee, Decaf, Instant
	Coconut milk	Almond milk (shelf ready)	Skim milk (shelf ready)
<b>NON-FOOD ITEMS</b>	Toilet paper	Plastic spoons	Brown paper lunch bags
	Paper towels	Solo cups	Aluminum foil
	Facial tissue	3-oz paper cups	Plastic wrap
	Trash bags	Sandwich bags	Sewing kit
<b>TOILETRIES</b>	Shampoo	Bar soap	Mouthwash, travel size
	Conditioner	Hand sanitizer (limited)	Dental floss
	Moisturizing lotion	Deodorant (women)	Disposable underwear
	Shower caps (limited)	Suntan lotion	Adult diapers
	Bath gel / body wash	Toothpaste/ toothbrushes	Feminine hygiene (limited)
<b>ONE OF A KIND ITEMS</b>	Crispy fried onions	Raisins	Taco shells
	Stuffing mix	Zucchini, canned	Suddenly salad
<b>Generally, there is only one each of the items in this section.</b>	Water chestnuts	Nuts	Madras lentils
	Olives	Pizza sauce	Onion / vegetable soup / dip mix
	Hamburger Helper	Corned beef hash	Simmer sauce
<b>It is first come first served.</b>	Tri-bean blend	Pickles	BBQ sauce
	Falafel mix		
<b>JEWISH ITEMS (limited)</b>	Cake meal	Matzo	Matzo ball mix
	Matzo meal	Sabbath candles	Matzo ball & soup mix
	Potato pancake mix		
<b>FROZEN ITEMS</b>	Prepared meals	Bagels	Small pies
	Buns	Cookies	
<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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