



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.

GRAINS	Saltines	Rice: Flavored, brown, white	Limited Items Below
	Mac & cheese	Pasta (spaghetti or variety)	Couscous
BREAKFAST	Boxed Cereal	Oatmeal	Pop Tarts (limited)
	Pancake mix (limited)		
CANNED VEGETABLES	Corn	Mixed vegetables	Peas
	Green beans	Carrots	Beets (limited)
	Peas & carrots (limited)	Potatoes	Asparagus (limited)
	Spinach (limited)	Lima beans (limited)	Tomatoes, canned
EXTRA CANNED & DRY ITEMS	Pasta sauce	Tomato sauce	Tomato Paste
	Boxed / packaged meals	Chili (limited)	Assorted cracker varieties
	Ravioli		
CONDIMENTS	Salad dressing	Grape jelly	Ketchup (limited)
	Mustard: yellow, spicy	Mayonnaise	
SOUPS	"Cream of..." soups (limited)	Chicken noodle	Ramen noodle soup
	Soup varieties	Tomato soup	Cup of soup
	Chicken broth (limited)	Dried soup mix (limited)	
PROTEINS: Meat, tuna, salmon, Chicken, etc.	Tuna	Chicken, canned	Peanut butter
	Beef crumbles	Salmon	
BEANS	Black	Pinto (limited)	Northern
	Garbanzo	Cannellini (limited)	Refried
	Kidney beans	Black-eyed peas	Baked beans
			Dried beans: garbanzo / red (limited)
CANNED FRUIT	Fruit cocktail	Peaches	Applesauce
	Pears	Mandarin oranges	Cranberry sauce
BAKING & SPICES (All limited items)	Flour	Parsley	Food coloring
	Biscuit flour mix	Artificial sweetener	Granulated sugar
	Cake mix	Colored sprinkles	Lime juice
	Pumpkin		

SNACKS (PICK 2)	Cookies	Granola / breakfast bars	Peanut butter / cheese crackers
	Snack packs	Jell-O mix / pudding cups	Popcorn
BEVERAGES	Tea	Protein drinks (limited)	Coffee, Regular, Keurig-type Singles
	Juice boxes	Creamer	Coffee, Regular, Ground
	Water	Flavored water	Coffee, Decaf, Ground
	Bottled juice (limited)	Soda (limited)	Coffee, Decaf, Instant
	Hot chocolate	Low-fat milk (individual)	Skim milk (shelf ready)
	Powdered instant skim milk (limited)	Mocktails	
NON-FOOD ITEMS	Toilet paper	Plastic spoons/forks/knives	Brown paper lunch bags (limited)
	Paper towels (limited)	Paper plates	Aluminum foil (limited)
	Facial tissue (limited)	3-oz paper cups	Sewing kit
	Pill holder (limited)	Sandwich bags (limited)	Napkins
	Contact lens holders	Laundry detergent	Soap dish (limited)
	Band-Aids	Twine (limited)	Brill-o pads (limited)
TOILETRIES	Shampoo	Bar soap	Slippers (limited)
	Conditioner	Shave cream (limited)	Dental floss
	Moisturizing lotion	Deodorant (women)	Disposable underwear
	Shower caps (limited)	Suntan lotion (limited)	Adult diapers
	Bath gel / body wash	Toothpaste/ toothbrushes	Feminine hygiene (limited)
	Cottonelle wipes	Razors	Mouthwash – travel size (limited)
ONE OF A KIND ITEMS	Stuffing mix	Frappuccino	Suddenly salad
	Water chestnuts	Honey	Madras lentils
Generally, there is only one each of the items in this section.	Olives	Pizza sauce	Pickled beets
	Rum apple butter	Corned beef hash	Simmer sauce
	Tri-bean blend	Mushroom pieces	Batter mix
It is first come first served.	Taco shells	Pumpkin pasta sauce	Olive bruschetta
	Juicy Fruit	Marinade	Nutella
	Pickles	Chicken Helper	La Choy rice noodles
	Candy	Shiitake	
JEWISH ITEMS (limited)	Cake meal	Egg Matzo	Matzo ball mix
	Matzo meal	Sabbath candles	
FROZEN ITEMS	Prepared meals	Bagels	Buns
Ask about fresh vegetables!			

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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