



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 Mac & cheese	Rice: Flavored, white Pasta (spaghetti or variety)	Limited Items Below Orzo
<b>BREAKFAST</b>	Boxed Cereal	Oatmeal	Grits (limited)
<b>CANNED VEGETABLES</b>	Corn Green beans Mixed vegetables Asparagus (limited)	Peas Potatoes Beets Lima beans (limited)	Carrots Spinach Tomatoes, canned
<b>EXTRA CANNED &amp; DRY ITEMS</b>	Pasta sauce Ravioli	Tomato sauce	Tomato Paste Assorted cracker varieties
<b>CONDIMENTS</b>	Salad dressing Mustard (yellow / spicy)	Grape jelly (limited) Mayonnaise (limited)	Ketchup Preserves & jams (limited)
<b>SOUPS</b>	Soup varieties Cream of... soups Chicken / beef broth	Chicken noodle Tomato soup	Ramen noodle soup (limited) Cup of soup Kimchi (cup of...) noodle soup
<b>PROTEINS: Meat, tuna, salmon, Chicken, etc.</b>	Tuna	Chicken, canned	Peanut butter
<b>BEANS</b>	Black Garbanzo Black-eyed peas (limited)	Pinto Kidney beans Baked beans (limited)	Dried beans (limited) Northern (limited) Refried (limited)
<b>CANNED FRUIT</b>	Fruit cocktail Pears (limited)	Peaches Pineapple (limited)	Applesauce Cranberry sauce
<b>BAKING &amp; SPICES</b>	Cake mix	Sugar packets	Pumpkin
<b>(All limited items)</b>	Self-rising flour	Confectioners powdered sugar	Bar mix

	All-purpose flour	Brownie mix	Food coloring
	Light brown sugar		
<b>SNACKS (PICK 2)</b>	Chips / pretzels	Granola / breakfast bars	Peanut butter crackers
	Cookies	Jell-O / pudding mix	Popcorn (limited)
<b>BEVERAGES</b>	Tea	Protein drinks (limited)	Coffee, Regular, Keurig-type Singles
	Juice boxes (limited)	Creamer (flavored)	Coffee, Regular, Ground
	Bottled juice (limited)	Flavored water	Coffee, Decaf, Ground
	Milk, shelf ready (individual cartons)		Bottled water
<b>NON-FOOD ITEMS</b>	Laundry detergent	Plastic spoons/forks/knives	Dryer sheets
	Toilet paper	Paper cups	Facial tissue (limited)
	Paper towels	Fabric softener sheets	Napkins (limited)
	Quart storage bags	Finish dishwasher power balls (limited)	
<b>TOILETRIES</b>	Shampoo	Bar soap	Dental floss
	Conditioner (limited)	Deodorant	Disposable underwear
	Moisturizing lotion	Toothpaste/ toothbrushes	Adult diapers
	Shower caps (limited)	Ace bandages (limited)	Feminine hygiene (limited)
	Razor blades (limited)	Body wash (limited)	Cotton squares
	Shave lotion	Make-up travel bags (limited)	
<b>ONE OF A KIND ITEMS</b>	Stuffing mix	Diced tomatoes w/ green chiles	Hot sauce
	Pesto	Manwich	Hearts of palm
<b>Generally, there is only one each of the items in this section.</b>	Chili beans	Pizza sauce	Tri-bean salad
	Tortillas	Hot tamales candy	Mushroom pieces
	Red chili sauce	Alfredo sauce	Falafel mix
<b>It is first come first served.</b>	Olives		Candy
<b>JEWISH ITEMS (limited)</b>	Cake meal	Sabbath candles	Matzo ball mix
	Gefilte / white fish		
<b>FROZEN ITEMS</b>	Prepared meals	Bagels	Sliced bread
	Babka		
<b>Ask about fresh vegetables!</b>			

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