



Jewish Family
SERVICES

DATE: _____ NAME (PLEASE PRINT): _____ Waiting: _____ P/U Date: _____ **Approx. P/U Time**

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: Brown (limited), flavored, white	
	Mac & cheese	Pasta (spaghetti or variety)	
BREAKFAST	Boxed Cereal	Oatmeal	Cream of Wheat (limited)
CANNED VEGETABLES	Corn	Potatoes	Beets
	Green beans	Peas	Mixed vegetables
	Carrots	Spinach	Tomatoes, canned
EXTRA CANNED & DRY ITEMS	Spaghetti, canned	Tomato sauce	Pasta sauce
	Chili beans	Assorted crackers	Tomato paste
CONDIMENTS	Mustard (yellow / spicy)	Ketchup	Preserves
	Salad dressing	Mayonnaise (limited)	Grape jelly
SOUPS	Soup varieties	Tomato soup	Ramen noodle soup
	Chicken noodle	Cream of ... soups	Cup of soup
PROTEINS: Meat, tuna, salmon, Chicken, etc.	Tuna	Chicken, canned	Peanut butter
	Salmon	Sardines	Kipper snacks (limited)
BEANS	Black	Pinto	Dried beans, variety
	Garbanzo	Kidney beans	Northern
	Navy (limited)	Baked beans	Cannellini
	Refried		
CANNED FRUIT	Fruit cocktail	Peaches	Pears
	Applesauce	Mandarin oranges	Pineapple
	Cranberry sauce		
BAKING & SPICES (All limited items)	Artificial sweetener	Pumpkin	Cake mix
	Sugar	Baking soda	Baking chocolate
	Flour		
SNACKS (PICK 2)	Pretzels (limited) / Chip varieties / Gold Fish (limited)	Granola / breakfast bars	Peanut butter crackers
	Cookies	Raisins	Popcorn
	Jell-O mix / pudding cups		
BEVERAGES	Tea	Whole milk (shelf ready) (limited)	Soda, diet (limited)
	Bottled juice (limited)	Unsweetened almond milk (shelf ready) (limited)	Apple cider pods
	Juice boxes	Unsweetened coconut milk (shelf ready) (limited)	Creamer pods (flavored)
	Gatorade		Coffee, ground, regular

NON-FOOD ITEMS	Laundry detergent (limited)	Facial tissue	Face masks
	Paper towels	Dishwashing liquid (limited)	Rubbing alcohol (limited)
	Toilet tissue	Napkins	Feminine hygiene
	Sponges	Washing machine cleaner	
TOILETRIES	Conditioner	Toothbrushes / toothpaste	Hand sanitizer (limited)
	Bar soap	Deodorant	Body lotion
	Wipes		Body wash (limited)
JEWISH ITEMS (limited)	Shabbos Candles	Yahrzeit candles	Matzah crackers
FROZEN ITEMS	Prepared meals	Bagels	
Ask about fresh vegetables!			

Orders may be faxed to 704.364.6596 or emailed to ifsfoodpantry@ifscharlotte.org.