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 you choices.  
Orders may be faxed to 704.364.6596 or emailed to* [jfsfoodpantry@jfscharlotte.org](mailto:jfsfoodpantry@jfscharlotte.org)*.*

|  |  |  |  |
| --- | --- | --- | --- |
| **GRAINS** | Saltines | Rice: Flavored, white, brown | Couscous |
|  | Mac & cheese | Pasta (spaghetti or variety) | Rice Sides |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal | Oatmeal | Grits |
|  | Pancake mix (limited) | Pop Tarts |  |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn | Potatoes | Beets |
|  | Green beans | Peas | Mixed vegetables |
|  | Carrots | Spinach | Tomatoes, canned |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Spaghetti, canned | Tomato sauce | Tomato paste |
|  |  | Assorted crackers | Pasta Sauce |
|  |  |  |  |
| **CONDIMENTS** | Mustard (yellow) | Ketchup | Grape jelly |
|  | Salad dressing | Mayonnaise |  |
|  |  |  |  |
| **SOUPS** | Soup varieties | Tomato soup | Ramen noodle soup |
|  | Chicken noodle | Cream of … soups | Cup of soup |
|  | Chicken broth / beef broth (limited) |  |  |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna | Chicken, canned | Peanut butter |
| **Chicken, etc.** | Salmon | Sardines |  |
|  |  |  |  |
| **BEANS** | Black | Kidney beans | Northern |
|  | Garbanzo | Baked beans | Navy |
|  | Cannellini | Pinto | Black-eyed peas |
|  | Refried | Dried beans (limited) |  |
|  |  |  |  |
| **CANNED FRUIT** | Fruit cocktail | Peaches (limited) | Pears |
|  | Applesauce | Mandarin oranges | Pineapple |
|  |  |  |  |
| **BAKING & SPICES** | Canola oil | Pumpkin | Cake mix |
| **(All limited items)** | Marshmallows | Artificial sweetener | Salt |
|  | Crisco baking sticks |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Chips / Pretzels | Granola / breakfast bars | Peanut butter crackers |
|  | Cookies | Raisins (limited) |  |
|  | Snack packs | Jell-O mix / pudding cups |  |
|  |  |  |  |
| **BEVERAGES** | Tea | Bottled water | Soda (limited) |
|  | Bottled, canned juice | Flavored water | Grape juice |
|  | Juice boxes | Evaporated milk | Cold brew (limited) |
|  | Bottled tea, flavored | Bottled tea, green (limited) | Coffee, ground, regular |
|  |  |  |  |
| **NON-FOOD ITEMS** | Plastic utensils (limited) | Facial tissue | Feminine hygiene |
|  | Paper towels | Napkins | Disposable gloves |
|  | Toilet tissue | Plastic wrap (limited) | Baby wipes (limited) |
|  | Laundry detergent |  |  |
|  |  |  |  |
| **TOILETRIES** | Shampoo | Toothpaste / Toothbrushes | Body lotion |
|  | Conditioner | Bar soap | Mouthwash (limited) |
|  | Hand sanitizer | Lip balm | Shave cream (limited) |
|  | Razors, women (limited) | Dental floss | Deodorant |
| p |  |  |  |
| **JEWISH ITEMS** (limited) | Shabbos Candles | Yahrzeit candles | Matzo, regular |
|  | Pike & White fish | Matzo ball & soup mix | Matzo, egg |
|  | Matzo ball mix |  |  |
|  |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals | Bagels |  |
|  |  |  |  |
| **Ask about fresh vegetables!** |  |  |  |
|  |  |  |  |

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