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*.*

|  |  |  |  |
| --- | --- | --- | --- |
| **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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