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  |  |
|  | Mac & cheese | Pasta (spaghetti or variety) |  |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal  | Oatmeal |  |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn  | Potatoes  | Beets  |
|  | Green beans | Peas | Mixed vegetables  |
|  | Carrots  | Spinach  | Tomatoes, canned  |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Chili, canned | Tomato sauce  | Tomato paste  |
|  |  | Assorted crackers  | Pasta Sauce  |
|  |  |  |  |
| **CONDIMENTS** | Mustard (yellow)  | Ketchup  | Grape jelly  |
|  | Artificial sweetener | Mayonnaise  |  |
|  | Salad dressing |  |  |
|  |  |  |  |
| **SOUPS** | Soup varieties | Tomato soup | Ramen noodle soup  |
|  | Chicken noodle | Cream of… soups  | Cup of soup  |
|  | Broth: chicken/beef/mushroom (limited) |  |  |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna  | Chicken, canned  | Peanut butter  |
| **Chicken, etc.** | Salmon  | Sardines |  |
|  |  |  |  |
| **BEANS** | Black  | Kidney beans  | Northern |
|  | Garbanzo  | Baked beans  | Navy |
|  | Refried  | Pinto | Cannellini  |
|  |  |  |  |
| **CANNED FRUIT** | Applesauce | Peaches  | Pears  |
|  | Fruit cocktail  | Mandarin oranges  | Pineapple  |
|  |  |  |  |
| **BAKING** | Cake mixes |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Cookies  | Granola / breakfast bars  | Peanut butter crackers |
|  |  | Jell-O / pudding mix / cups (limited) | Chips / Prezels |
|  |  |  |  |
| **BEVERAGES** | Tea  | Bottled / Canned juice (limited) | Coffee, ground, regular |
|  | Juice boxes  | Sparkling water | Coffee pods |
|  | Seltzer  |  |  |
|  |  |  |  |
| **NON-FOOD ITEMS** | Paper towels  | Adult disposable underwear, various sizes **(indicate size)** |
|  | Toilet tissue  | Plastic utensils (limited) |  |
|  | Laundry detergent |  |  |
|  |  |  |  |
| **TOILETRIES** | Shampoo | Toothpaste (limited) / Toothbrushes  | Deodorant  |
|  | Conditioner  | Bar soap | Feminine hygiene pads |
|  | Dental floss | Hand sanitizer | Tampons` |
|  |  |  |  |
| **JEWISH ITEMS** (limited) | Shabbos Candles | Yahrzeit candles |  |
|  |  |  |  |  |
| **EXTRA ITEMS** | Canned pumpkin |  |  |  |
|  |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals  | Bagels |  |
|  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |

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