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 |  |
|  | 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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