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 (1) placed online at* [*https://jfscharlotte.org/foodpantrymenu/*](https://jfscharlotte.org/foodpantrymenu/) *(2) emailed to* jfsfoodpantry@jfscharlotte.org *or (3) faxed to 704.362.4176*

|  |  |  |  |
| --- | --- | --- | --- |
| **GRAINS** | Saltines  | Mac & cheese | Pasta (spaghetti or variety) |
|  | Rice: White, brown, flavored (limited) | Pasta Roni | Knorr rice & pasta slides |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal (limited) | Oatmeal  | Pancake mix (limited) |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn  | Potatoes  | Beets (limited) |
|  | Green beans | Peas  | Mixed vegetables  |
|  | Carrots (limited) | Spinach  | Tomatoes, canned  |
|  | Yams (limited) |  |  |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Pasta sauce | Assorted crackers |  |
|  |  |  |  |
| **CONDIMENTS** | Mustard (yellow)  | Ketchup  | Grape jelly  |
|  | Artificial sweetener | Salad dressing | Jam |
|  | Mayonnaise  |  |  |
|  |  |  |  |
| **SOUPS** | Soup varieties | Tomato soup | Ramen noodle soup  |
|  | Chicken noodle | Cream of… soups  | Cup of soup  |
|  | Broth |  | Soup mix (limited) |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna  | Chicken, canned  | Peanut butter  |
| **Chicken, etc.** | Salmon (limited) | Sardines  |  |
|  |  |  |  |
| **BEANS** | Black  | Kidney  | Northern |
|  | Refried (limited) | Pinto | Cannellini |
|  | Garbanzo (limited) |  |  |
|  |  |  |  |
| **CANNED FRUIT** | Fruit cocktail  | Peaches  | Pears |
|  | Applesauce | Mandarin oranges (limited) | Pineapple  |
|  |  |  |  |
| **BAKING** | Cake mixes  |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Cookies  | Granola / breakfast bars  | Chips (limited) |
|  | Popcorn |  | Peanut butter crackers |
|  |  |  |  |
| **BEVERAGES** | Tea  | Soda | Coffee, ground, regular  |
|  | Juice boxes  | Bottled, canned juice (limited) | Instant coffee, packets  |
|  |  |  |  |
| **NON-FOOD ITEMS** | Toilet tissue  | Adult disposable underwear, various sizes **(indicate men or women & size)** |
|  | Paper towels (limited) | Laundry detergent |  |
|  | Ziplock slider bags |  |  |
|  |  |  |  |
| **TOILETRIES** | Shampoo (limited) | Toothpaste / toothbrushes | Disposable razors |
|  | Conditioner (limited) | Bar soap (limited) | Body Lotion |
|  | Hand sanitizer |  |  |
|  |  |  |  |
| **JEWISH ITEMS** (limited) | Shabbos Candles | Yahrzeit candles | Matzo |
|  |  | Matzo ball mix |  |
|  |  |  |  |  |
| **EXTRA ITEMS** | Canned pumpkin | Stuffing mix | Dried tomatoes w/ green chilies |  |
|   |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals  | Bagels |  |
|  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |

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