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](mailto: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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