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 (limited), flavored | Thin noodles (limited) | Elbow macaroni |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal (limited) | Oatmeal |  |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn | Potatoes | Beets (limited) |
|  | Green beans | Peas | Mixed vegetables |
|  | Carrots | Spinach | Tomatoes, canned |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Pasta sauce | Tomato paste (limited) | Tomato sauce |
|  |  |  |  |
| **CONDIMENTS** | Mustard (yellow/spicy) | Ketchup | Grape jelly (limited) |
|  | Artificial sweetener (limited) | Salad dressing | Mayonnaise (limited) |
|  |  |  |  |
| **SOUPS** | Soup varieties | Tomato soup | Cup of soup (limited) |
|  | Chicken noodle (limited) | Cream of… soups | Ramen |
|  | Chicken broth (limited) |  |  |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna | Chicken, canned | Peanut butter |
| **Chicken, etc.** |  | Sardines |  |
|  |  |  |  |
| **BEANS** | Black | Kidney | Northern |
|  | Garbanzo | Pinto | Dried beans (variety) |
|  |  |  |  |
| **CANNED FRUIT** | Fruit cocktail | Peaches | Pears |
|  | Applesauce | Mandarin oranges (limited) | Pineapple |
|  |  |  |  |
| **BAKING** | Cake mixes (limited) |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Jell-O / pudding mix | Granola / breakfast bars | Peanut butter crackers |
|  |  | Popcorn (limited) |  |
|  |  |  |  |
| **BEVERAGES** | Tea | Coffee pods | Coffee, ground, regular |
|  | Juice boxes (limited) |  | Coffee, ground, decaf |
|  |  |  |  |
| **NON-FOOD ITEMS** | Toilet tissue (limited) | Facial tissue (limited) | Paper towels (limited) |
|  | Dust remover (spray can) | Laundry detergent | Plastic utensils |
|  |  |  |  |
| **TOILETRIES** | Hand sanitizer | Men’s adult disposable underwear, various sizes **(indicate size)** | |
|  | Disposable razors | Women’s adult disposable underwear, various sizes **(indicate size)** | |
|  | Shampoo (limited) | Toothpaste / toothbrushes (limited) |  |
|  | Body lotion (limited) | Conditioner | Bar soap (limited) |
|  | Disposable razors | Deodorant (limited) | Shower gel (limited) |
|  |  |  |  |
| **JEWISH ITEMS** (limited) | Shabbos candles | Yahrzeit candles | Cake meal |
|  | Gefilte fish (limited) | Potato starch |  |
|  |  |  |  |  |
| **EXTRA ITEMS** | Canned pumpkin | Stuffing mix | Cranberry sauce (limited) |  |
|  | Coffee Mate (limited) | Soft white wheat kernels |  |  |
|  |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals | Bagels |  |
|  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |

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