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** | Rice: White / brown | Mac & cheese | Pasta (spaghetti or variety) |
|  | Saltines | Couscous (limited) | Elbow macaroni (limited) |
|  | Orzo (limited) |  |  |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal | Oatmeal | Pancake mix |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn | Potatoes | Beets |
|  | Green beans | Peas | Mixed vegetables |
|  | Carrots (limited) | Spinach | Tomatoes, canned |
|  | Yams |  |  |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Pasta sauce | Chili | Tomato sauce |
|  | Pasta, canned |  | Assorted crackers |
|  |  |  |  |
| **CONDIMENTS** | Mayonnaise (limited) | Preserves | Salad dressing (limited) |
|  | Mustard – yellow / spicy (limited) | Grape jelly (limited) |  |
|  |  |  |  |
| **SOUPS** | Soup varieties | Tomato soup | Cup of soup (limited) |
|  | Chicken noodle | Cream of… soups | Ramen |
|  |  | Vegetable soup |  |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna | Chicken, canned | Peanut butter |
| **Chicken, etc.** | Salmon (limited) |  |  |
|  |  |  |  |
| **BEANS** | Black | Kidney | Cannellini (limited) |
|  | Garbanzo (limited) | Refried (limited) | Pinto beans (limited) |
|  |  |  |  |
| **CANNED FRUIT** | Applesauce | Peaches | Pears |
|  |  | Mandarin oranges (limited) | Pineapple |
|  |  |  |  |
| **BAKING** | Cake mix (limited) |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Cookies (limited) | Granola / breakfast bars | Microwave Popcorn |
|  |  | Chips / pretzels (limited) |  |
|  |  |  |  |
| **BEVERAGES** | Tea | Bottled water | Coffee, ground, regular |
|  | Tea, canned (limited) | Juice boxes | Soda (limited) |
|  | Bottled juice |  |  |
|  |  |  |  |
| **NON-FOOD ITEMS** | Toilet tissue | Laundry detergent | Bounce (limited) |
|  | Paper towels | Plastic utensils (limited) | Facial tissue (limited) |
|  |  |  |  |
| **TOILETRIES** | Hand sanitizer | Men’s adult disposable underwear, various sizes **(indicate size)** | |
|  | After shave lotion (limited) | Women’s adult disposable underwear, various sizes **(indicate size)** | |
|  | Dental floss | Toothpaste | |  |
|  |  |  | |  |
| **JEWISH ITEMS** (limited) | Matzo | Cake meal |  |
|  |  |  |  |
| **EXTRA ITEMS** | Canned pumpkin | Stuffing mix | Hamburger Helper (limited) |
|  | Artificial sweetener | Roasted almonds | Tealight candles |  |
|  | Shelled walnuts |  |  |  |
|  |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals | Bagels |  |  |
|  |  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

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