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: Flavored / brown |  |  |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal | Oatmeal |  |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn | Potatoes | Mixed vegetables |
|  | Green beans | Peas | Tomatoes, canned |
|  | Beets | Spinach | Carrots |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Pasta sauce | Tomato sauce | Assorted crackers |
|  | Pasta, canned (limited) | Chili beans |  |
|  |  |  |  |
| **CONDIMENTS** | Grape jelly | Preserves | Salad dressing |
|  |  |  | Mayonnaise |
|  |  |  |  |
| **SOUPS** | Soup varieties | Cup of soup | Cream of… soups |
|  | Chicken noodle | Ramen | Tomato soup |
|  | Broth |  |  |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna | Chicken, canned | Peanut butter |
| **Chicken, etc.** | Sardines | Salmon |  |
|  |  |  |  |
| **BEANS** | Black | Pinto, dried beans | Garbanzo |
|  | Kidney (limited) | Refried (limited) |  |
|  |  |  |  |
| **CANNED FRUIT** | Applesauce | Peaches | Mixed fruit |
|  | Mandarin oranges | Pineapple | Pears |
|  |  |  |  |
| **BAKING** | Mixes (cake, etc.) |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Jell-O mixes / cups (limited) | Granola / breakfast bars (limited) | Chips / pretzels |
|  | Cookies | Peanut butter crackers | Mixed fruit snack packs |
|  | Seed snack packs (limited) |  |  |
|  |  |  |  |
| **BEVERAGES** | Juice boxes (limited) | Tea (limited) | Coffee, ground, decaf (limited) |
|  | Boost (limited) | Coffee, Filter packs, regular (limited) | Tea, canned (limited) |
|  |  |  |  |
| **NON-FOOD ITEMS** | Paper towels | Laundry Detergent | Toilet tissue |
|  | Wash cloths (limited) | Plastic utensils (knives only) | Facial tissue |
|  |  |  |  |
| **TOILETRIES** | Feminine hygiene pads (limited) | Toothpaste (limited) | Bar soap |
|  | Overnight underwear (XL only) (limited) | Deodorant (limited) |  |
|  |  |  | |  |
| **JEWISH ITEMS** (limited) |  |  |  |
|  |  |  |  |
| **EXTRA ITEMS** | Canned pumpkin | Nuts, variety (limited) |  |
|  |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals | Bagels |  |  |
|  |  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

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