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** | Mac & cheese  | Pasta (spaghetti or variety) | Saltines |
|  | Rice: white  |  |  |
|  |  |  |  |
| **BREAKFAST** | Boxed Cereal  | Oatmeal, instant | Oatmeal, Old Fashion (limited) |
|  | Pop Tarts (limited) |  |  |
|  |  |  |  |
| **CANNED VEGETABLES** | Corn  | Peas | Tomatoes, canned |
|  | Green beans | Carrots | Collard greens |
|  | Potatoes  | Beets |  |
|  |  |  |  |
| **EXTRA CANNED & DRY ITEMS** | Assorted crackers (limited) | Tomato sauce | Pasta sauce  |
|  |  |  |  |
| **CONDIMENTS** | Grape jelly | Mustard (yellow)  | Ketchup |
|  | Mayonnaise |  |  |
|  |  |  |  |
| **SOUPS** | Chicken noodle | Cream of…. soups | Tomato soup |
|  |  |  | Ramen |
|  |  |  |  |
| **PROTEINS: Meat, tuna, salmon,** | Tuna  | Chicken, canned  | Peanut butter  |
|  | Sardines (limited) | Salmon |  |
|  |  |  |  |
| **BEANS** | Pinto | Kidney (limited) | Garbanzo (limited) |
|  | Black |  |  |
|  |  |  |  |
| **CANNED FRUIT** | Pears | Peaches  | Applesauce |
|  | Mandarin oranges | Mixed fruit |  |
|  |  |  |  |
| **BAKING** |  |  |  |
|  |  |  |  |
| **SNACKS (PICK 2)** | Granola bars  | Cookies | Hot spicy peanuts |
|  | Peanut butter crackers (limited) | Chips |  |
|  |  |  |  |
| **BEVERAGES** | Juice boxes | Assorted drinks (limited) | Coffee, pods |
|  | Bottled juice  | Protein drinks | Shelf-ready milk, chocolate (limited) |
|  | Shelf-ready milk  | Tea (limited) | Coffee, ground (limited) |
|  | Hot chocolate (limited) |  |  |
|  |  |  |  |
| **NON-FOOD ITEMS** | Facial tissue (limited) | Napkins | Toilet tissue |
|  | Paper towels | Hygiene kits | Face masks |
|  |  |  |  |
| **TOILETRIES** | Bar soap | Outerfit briefs (limited) | Adult diapers |
|  |  |  |  |
| **JEWISH ITEMS** (limited) | Matzo (limited) | Matzo ball mix |  |
|  |  |  |  |
| **EXTRA ITEMS** | Creamer | Cranberry sauce (limited) | Stuffing mix |
|  | Artificial sweetener | Olive oil (limited) | Evaporated milk |
|  | Pumpkin, canned |  |  |
|   |  |  |  |  |
| **FROZEN ITEMS** | Prepared meals  | Bagels |  |  |
|  |  |  |  |  |
| **Ask about fresh produce!** |  |  |  |
|  |  |  |  |
|  |  |  |  |
|  |  |  |  |

*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*