

Food Pantry Pick Sheet

NOTE: All items subject to availability. Please circle items you are interested in.

Name: _____

Date: _____

Specials

Week 1: Detergent

Week 2: Shampoo/Soap

Week 3: Toothpaste/Razors

Week 4: Syrup / Coffee

Fresh Vegetables

Grocery

Canned Vegetables (red **3** blue **2**)

- Corn, green beans
- Peas, mixed Veg
- Carrots, potatoes

Canned Fruit (red **2** blue **1**)

- Pineapple, peaches, pears
- Mixed fruit, apple sauce

Canned Tuna/Chicken (red **3** blue **2**)

Protein Meals

- Chili, ravioli
- Stew (when available)

Beans (red **3** blue **2**)

- Kidney, baked, black
- Chick, pork & beans

Juice (red **1** blue **1**)

- Large (**red only**)
- Small Juice/Boxed milk

Pasta sauce jar (red **1** blue **1**)

Canned tomatoes/sauce (red **2** blue **2**)

Peanut Butter and Jelly (red **1** blue **1**)

- When available
- Large for **Red** only

Condiments (red **1** blue **1**)

- When available
- Mayo, mustard, ketchup
- Salad dressing, veg oil

Baking (red **1** blue **1**)

- Cake/brownie mix
- Muffin mix
- Pudding/Jello mix
- Walnuts/cherries

Large Snacks (red **1** blue **1**)

- Assorted when available

Teabags (red **1** blue **1**)

Bread Rolls/Dessert

Cereal (red **1** blue **1**)

Boxed Oats (red **1** blue **1**)

Pancake Mix (red **1** blue **1**)

Boxed/bagged pasta (red **3** blue **3**)

Mac & Cheese (red **3** blue **2**)

Rice Boxed/Bagged (red **2** blue **2**)

Pasta/rice sides (red **1** blue **1**)

Boxed Mash (red **1** blue **1**)

Gravy/Stuffing/Cranberry (red **1** blue **1**)

Soup (red **3** blue **2**)

- IGA, Campbells, Progresso

Raman Noodles (red **2** blue **2**)

Kids snacks (ages 1-18)

- 4 snacks per child
- 4 juices per child

Fridge

1 Milk ½ Gallon (whole or 2%)

Eggs (red **12** blue **6**)

Cat/Dog food

1 bag when available

Weekly

Mens/Womens Depends (S M L XL)

Sanitary Napkins

Sanitary Pads (Reg., Super, Super +)

Tampons (Reg., Super, Super +)

Diapers (1 2 3 4 5 6)

Wipes (for kids only)

Toilet Tissue (1)