

STOWW

COMMODITY FOODS CHECKLIST

NAME: _____

PLEASE CHECK ITEMS WANTED

LOCATION: _____

FRUIT, JUICE & VEGETABLES	↓	FRUIT, JUICE & VEGETABLES	↓
MIXED FRUIT - CANNED		RED POTATOES - FRESH	
PEACHES - CANNED		*YELLOW SQUASH - FRESH	
PEARS - CANNED		*ZUCCHINI - FRESH	
PLUMS - BAGGED		*SWEET POTATOES - FRESH	
RAISINS - BOXED		*TURNIPS - FRESH	
BLUEBERRIES FROZEN - BAGGED		GREEN CABBAGE - FRESH	
APPLESAUCE CUPS		*GREEN PEPPERS - FRESH	
PEACHES - FRESH		CELERY - FRESH	
LEMONS - FRESH		*CUCUMBER - FRESH	
APPLES - FRESH		*CORN - FRESH	
ORANGES - FRESH		*TOMATOES - FRESH	
PEARS - FRESH		*BRUSSEL SPROUTS - FRESH	
*AVOCADOS - FRESH		RADISHES - FRESH	
*HONEY DEW MELON - FRESH		ROMAINE LETTUCE - FRESH	
*KIWI - FRESH		CAULIFLOWER - FRESH	
*NECTARINES - FRESH		*ASPARAGUS - FRESH	
*PLUMS - FRESH		BROCCOLI - FRESH	
*GREEN GRAPES - FRESH		BONUS (WHEN AVAILABLE)	↓
*CHERRIES - FRESH		STRAWBERRIES - WHOLE FROZEN BAGGED	
*RED GRAPES - FRESH		BEANS	↓
*CLEMENTINES/TANGERINES - FRESH		REFRIED - CANNED	
*CRANBERRIES - FRESH		VEGETARIAN - CANNED	
APPLE JUICE - BOTTLE		KIDNEY - BEANS	
CHERRY APPLE JUICE - BOTTLE		GREAT NORTHERN - BAGGED	
GRAPE JUICE - BOTTLE		PINTO - BAGGED	
ORANGE JUICE - BOTTLE		BLACK - CANNED	
TOMATO JUICE - BOTTLE		PINTO - CANNED	
CRANAPPLE JUICE - BOTTLE		EGGS	↓
GREEN BEANS - CANNED		FRESH EGGS - 1 DOZEN PER PERSON	
CARROTS - CANNED		MEAT	↓
CREAM CORN - CANNED		BISON - FROZEN	
KERNEL CORN - CANNED		BEEF - CANNED	
PEAS - CANNED		GROUND BEEF - FROZEN	
*SWEET POTATOES - CANNED		BEEF ROAST - FROZEN	
*PUMPKIN - CANNED		TUNA IN WATER - CANNED	
MIXED VEGETABLES - CANNED		WHOLE CHICKEN - FROZEN	
SPINACH - CANNED		PORK CHOPS - FROZEN	
DICED TOMATOES - CANNED		CHICKEN - CANNED	
SLICED POTATOES - CANNED		CHICKEN BREAST - FROZEN	
TOMATO SAUCE - CANNED		PEANUT PRODUCTS	↓
SPAGHETTI SAUCE - CANNED		FRUIT & NUT MIX	
INSTANT POTATOES - BAGGED		ROASTED PEANUTS	
HOMINY - CANNED		PEANUT BUTTER	
CARROTS - FRESH		CONTINUE TO 2ND PAGE --->	
ONIONS - FRESH			
RUSSET POTATOES - FRESH			

STOWW

COMMODITY FOODS CHECKLIST

NAME: _____

PLEASE CHECK ITEMS WANTED

LOCATION: _____

FATS & OIL ↓		BONUS ITEMS (WHEN AVAILABLE) ↓	
BUTTER		CRAISINS - BAGGED	
VEGETABLE OIL		CRANBERRY SAUCE - CANNED	
MARGARINE		HAM - FROZEN	
MILK ↓		TRADITIONAL ITEMS (WHEN AVAILABLE) ↓	
1 % UHT - GREEN BOX		CATFISH FILLET - FROZEN	
EVAPORATED SKIM - CANNED		WILD RICE - BAGGED	
NON FAT DRY MILK - BAGGED		SALMON FILLET - FROZEN	
HOT CEREAL ↓		PULLED PORK	
OATMEAL			
FARINA			
CHEESE ↓			
SLICED			
BLOCK LOAF			
PASTA & RICE ↓			
EGG NOODLES - BAGGED			
RICE - BAGGED			
SPAGHETTI NOODLES - BOXED			
ELBOW MACARONI - BOXED			
WHOLE GRAIN ROTINI - BAGGED			
MACARONI & CHEESE - BOXED			
FLOUR & CORNMEAL ↓			
ALL PURPOSE FLOUR - 5LB BAG			
CORNMEAL - 5LB BAG			
BLUE CORNMEAL - 2LB BAG			
WHOLE WHEAT WHITE FLOUR - 5LB BAG			
COLD CEREAL ↓			
CORNFLAKES			
RICE CRISPY			
CHEERIOS			
SHREDDED WHEAT			
CORN CHEX			
WHEAT BRAN FLAKES			
BAKERY ↓			
BAKERY MIX			
SOUPS ↓			
VEGETABLE - CANNED			
TOMATO - CANNED			
CHUNKY BEEF - CANNED			
CREAM OF CHICKEN - BOXED			
CREAM OF MUSHROOM - CANNED			
CRACKERS & TORTILLAS ↓			
UNSALTED CRACKERS			
TORTILLAS			