**LUMC GOD’S HEALTHY CHOICE PANTRY SHOPPING LIST**

NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Color of vehicle: Kind of vehicle:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Number of persons in family: Adults\_\_\_\_\_\_ kids\_\_\_\_\_\_Seniors\_\_\_\_\_

Circle your choices please:

**VEGETABLES:** Green beans, corn, peas, mixed vegetables, tomatoes, pasta sauce, canned potatoes, spinach tomato soup, cream mushroom soup

**GRAINs**: cereal, rice, spaghetti, other pasta, mac n cheese, noodles, lasagna noodles, packets of hamburger helper

**FRUIT:** Applesauce, peaches, mixed fruit, pineapple, pears

**PROTEIN:** Peanut butter, canned tuna, canned chicken, assorted soups assorted canned beans, dry beans, breakfast protein bars

**CHOICE**: pancake mix, syrup, jelly, cake or cookie mixes, assorted cookies, P or B sugar, chocolate chips, crackers, canned milk, pop tarts / cereal bars, flour

**CHOICE NON-FOOD ITEMS**: Toilet tissue, paper towels, laundry soap, dish soap, hand soap, shower gel, deodorant men’s or women, sandwich or snack

If you need diapers and wipes, need diaper size:\_\_\_\_\_\_\_\_\_\_\_\_\_

Meat and dairy items will be given out depending on what is available.

FISH STICKS: **YES or NO** (this is one meat item we will be giving out).

EGGS (if available): **YES or NO**

Blue Bonnet soft spread: **YES or NO**

Bread will be given if available; produce depending on what is available