

Shopping List LUMC Food Pantry - JUNE 20

If you want us to shop early for you this list needs to be turned in by Noon on Wednesday, June 17. Turn in on either the blue pantry door or the green door of the church.

Lists turned in after Noon on June 17th will be shopped for Saturday Morning - June 20

Color and make of vehicle:

NAME: _____

DATE: _____

Instructions: Circle what you like and we will fill your order according to the limits for your family size

VEGETABLES

Corn, peas, assorted tomato items ,
Green beans, cut/ or french cut
Tomatoes, beets sliced or harvard,
sloppy joe mix, spinach, hominey
potaotes canned, potaotes instant box
tomato soup, enchalida sauce red
yams, tomato sauce. F pasta sauce
Sauerkraut

PROTEIN

canned beans (black, pork N beans, chili, baked, kidney, refried, navy)
canned chicken, canned tuna, canned Salmon
peanut butter creamy or chunky
dry beans, pinto, navy, black
canned soups

CHOICE FOOD ITEMS

cookies, granola bars assorted, cake mix
can of frosting mix
pancake mix, pie filling, (apple, cherry),strawberry gelaltin 6oz., pancake
chocolate pudding mix 6 oz, flour, assorted sugars, powdered or brown
chocolate chips, cinnamon sugar mix, cookie mixes
evaporated milk, condescend milk, coconut milk
ketchup, salad dressing, ranch, French
jelly, grape, strawberry,
crackers saltine or other assorted ,
mustard honey, dill, & Brat, light mayo Pt. jar
spicy dipping sauce , diced green chilies ,
camaronazo tomato juice,
2 LB. bag of iodized salt

rebag , 4 packets of individual ranch dressing
yes or no **does not count towards points**

DIAPERS , WIPES

size of diapers:

GRAINS

Cereal, oatmeal, box of oatmeal packets
corn flakes, bite size shredded wheat,
corn biscuits, bran flakes other assorted cereal
Hamburger helper packets, Mac N Cheese
Spaghetti, penne pasta, rice white or brown

FRUITS

Peaches, slices or halves
Apricot halves, Pineapple-crushed, chunks, applesauce cans
6 pack of berry flavored apple sauce

CHOICE NON FOOD

Laundry soap, dish soap, shampoo
Degreaser gallon jug
Razors, deodorant, men's, women's.
Toilet tissue, 4 rolls equal 1 point, paper towels
Body wash , tynol sinus, shaving cream maxi pads, Tampons
Sandwich bags, snack bags, quart or gallon bags

do you want soft spread blue bonnett YES OR NO

Meat, circle if your family will eat these

roll of sausage yes or no
bag of uncooked chicken patties, yes or no
1 lb. roll hamburger yes or no
1 roll hot sausage
Pepperoni yes or no
approx 1 lb bacon yes or no
package of Brats
whole chicken yes or no
bonless roast beef yes or no
chunks of pre cooked steak

meat will be given out according to family size not all types of meat we have will be given to one family

Marking your choice it will let us help serve you better.

if available potatoes and onions yes or no

Eggs, Yes or NO

if milk is availabe yes or no