

Shopping List LUMC Food Pantry - JULY 18

If you want us to shop early for you this list needs to be turned in by Noon on Wednesday, June 15. Turn in on either the blue pantry door or the green door of the church.

Lists turned in after Noon on July 15th will be shopped for Saturday Morning - July 18

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, hominy
potatoes canned, potatoes instant box
tomato soup, enchilada sauce red
yams, tomato sauce. I pasta sauce
Sauerkraut, 3-bean Salad

PROTEIN

canned beans (black, pork N beans, chili, baked, kidney, refried, navy)
canned chicken, canned tuna, canned Salmon, can of tiny shrimp,
(vienna sausages 6 cans =1)
peanut butter creamy or chunky
dry beans, pinto, navy, black
canned soups, assorted

CHOICE FOOD ITEMS

cookies, granola bars assorted, cake mix, choc, yellow,white, others
can of frosting mix, yeast, vanilla
pancake mix, pie filling, (apple, cherry),strawberry gelatin 6oz., pancake
syrup reg or happy birthday flavor, graham cracker pie crust
chocolate pudding mix 6 oz, flour, assorted sugars, powdered or brown
or granulated (1 sugar total)
chocolate chips, cinnamon sugar mix, cookie mixes
evaporated milk, condensed milk, coconut milk
ketchup, salad dressing, ranch, French
jelly, grape, strawberry,
crackers saltine or other assorted ,
mustard honey, dill, & Brat, yellow, jalapeno
spicy dipping sauce , diced green chilies ,
camaronazo tomato juice,
2 LB. bag of iodized salt
pint jar light mayo, green chiles
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, if avail.
corn flakes, bite size shredded wheat,
corn biscuits, bran flakes other assorted cereal
Hamburger helper packets, Mac N Cheese, tuna helper
Spaghetti, penne pasta, rice white or brown, Pasta Bow Ties Large
5 lb bag families 6 or larger

FRUITS

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

CHOICE NON FOOD

Laundry soap, dish soap, shampoo
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
boneless 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 available yes or no