

Shopping List LUMC Food Pantry - Sept 19

If you want us to shop early for you this list needs to be turned in by Noon on Wednesday, Sept 16. Turn in on either the blue pantry door or the green door of the church.

Color and make of vehicle:

NAME: _____

DATE: _____

65 or older: Yes or No

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

Form has 2 sides - Fill both out

VEGETABLES

Lima beans, Corn, peas, assorted tomato items ,
Green beans, cut, cream of mushroom soup - veg/no meat
Tomatoes, beets sliced or harvard,
sloppy joe mix, spinach, hominy
potatoes canned, potatoes instant box
tomato soup
yams, tomato sauce. 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, chicken noodle, vegetable, chilim
package of dehydrated refried beans

CHOICE FOOD ITEMS

cookies, granola bars assorted, cake mixes assorted flavors
can of frosting mix, baking powder, baking soda,
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)
Frosting Streusel Topping
chocolate chips, Powder milk bag, Mini marshmallows .32 oz
carton almond milk, Mini marshmallow, evaporated milk
Coconut milk, ketchup, pint jar light mayo, green chiles
crackers saltine or other assorted, graham, if available
mustard honey, dill, & Brat, yellow, jalapeno mustard
spicy dipping sauce , diced green chilies ,
diced green chiles

These items do not count towards points

vienna sausages 6 cans =1
carton of almond milk
hollande style onions pint jar, chicken jerkey
individual packets of ranch dressing
packet of brown gravy mix, packet of yeast, vanilla,
Minute cilantro & Lime Jasmine Rice packet
jelly, grape, strawberry,
32 oz carton of orange juice or tomato juice
individual packets of seasoned croutons

DIAPERS , WIPES

size of diapers:

GRAINS

Cereal, oatmeal, box of oatmeal packets, if avail.
bite size shredded wheat, original shredded wheat, scrunches
crispy colors, honey nut scooters, Cereal Sour Patch K bran flakes
other assorted cereal, honey nut rings, corn flakes
box of hamburger helper, Mac n Chees, tuna helper
spaghetti, penne pasta, rice - white or brown, Pasta bow ties large
5lb bag tamalies 6 or larger, Spaghetti with Meatballs 15 oz cans
other assorted can meals

FRUITS

Peaches, slices or halves , fruit cocktail
apple sauce cans and jars (jars count as 2)
6 pack of berry flavored apple sauce, or plain apple sauce cups
pears, sliced or cups, some pear halves

CHOICE NON FOOD

Laundry soap, dish soap, shampoo, 40oz bottle of liquid hand soap
Health & Beauty Hand Sanitizer, Razors, deodorant, men's, women's.
Toilet tissue, 4 rolls equal 1 point, paper towels
Body wash , Tylenol sinus, shaving cream maxi pads, Tampons
Sandwich bags, snack bags, quart or gallon bags
Cleaning Products Danolyte Disinfectant 1 gallon bottle
do you want soft spread blue bonnett YES OR NO

Meat

a list of meat items will be available when you sign in with Mary Sue on the 19th

No meat items listed as it we do not know what will be available to use

if available potatoes and onions yes or no

Eggs, Yes or NO

if milk is available yes or no