

December pantry shopping list

IF YOU WANT US TO SHOP EARLY THIS NEEDS

TO BE TURNED IN BY Tuesday

Morning December 15,

Any received after this date will **not be shopped**

Till Saturday morning December 19

NAME; _____

Point System is used for all food categories

NUMBER OF PERONS IN FAMILY

ADULTS: _____ CHILDREN: _____

DATE: _____

Color/make of vehicle

VEGETABLES

Green Beans, corn, peas

Assorted tomato, diced, whole, crushed, sauce

Mixed vegetables

Lima beans

Beets assorted

Sliced carrots. beets

Canned potatoes

Canned sweet potatoes

Box instant potatoes

Hominy, tomato soup

Cream mushroom soup

Pasta sauce, sloppy joe

Sauerkraut, spinach

FRUITS

Peaches, pears

Apples sauce cans or jars

Mixed fruit, raisins

Pineapple crushed

Cranberry sauce

GRAINS

Box of instant oatmeal packets

Box or bags of oatmeal

GRAINS CON'T

cups of instant oatmeal strawberry /blueberry flavor
2 count as 1.

Assorted cups of instant oatmeal

Quick cook oatmeal in may in a box or in bags

Corn flakes, bran flakes

Shredded wheat, frosted flakes sour patch

Assorted boxes of non-sweet

Honey nut scooters

Crispix, Reese's puffs

Special K assorted

Spaghetti. Elbow Macaroni

Box of Rotini

Mac n cheese

Hamburger helper packet

Cheesy tuna helper packet

Rice white or brown

Wild rice

PROTEIN

Canned meats: tuna, salmon, sardines, chicken, hash,

Peanut butter, creamy or crunchy does not count towards points

Dry beans: pinto, navy, black, maybe kidney

Canned beans: baked, pork N beans, chili, refried, pinto,

Soups, chicken noodle, chicken rice, vegetable with meat, chili no beans, chili with beans, other assorted.

PROTEINS CON'T

dehydrated refried beans

spaghetti O's, Beef Macaroni, Ravioli 15 oz. can, spaghetti with meat,

Chicken stock broth quart 32 oz. container

CHOICE SHOPPING FOOD

Cake mixes, assorted. And Frosting canned, assorted.

Corn bread mix,

Pumpkin pie filling

Apple pie filling

Limited amount of other assorted pie fillings

Baking chips: chocolate, or white,

flour, baking powder. vanilla
pack of 3 yeast packets or yeast
1-pound package
Sugars: granulated, brown,
powdered, some sugar
substitutes
Jell-O, assorted flavors Orange,
Lime, raspberry Black Cherry
some sugar free
pudding mixes assorted. Some
sugar free, mostly vanilla and
pistachio
Pancake mix, syrup regular or
happy birthday
Instant dry milk, evaporated,
condensed, coconut,
carton almond milk chocolate or
vanilla
Mustards, plain yellow, jalapeno
dill, garlic honey mustard,
Ketchup, assorted sizes will be
given according to
Family size
Cookies assorted,
granola bars assorted,
pop tarts assorted

CHOICE FOOD ITEMS CON'T

Crackers: saltines, and Other
assorted crackers
Green chilies diced
Marshmallows, mini and large
Barbecue sauce limited
quantities
Marshmallow cream jar, limited
quantities
Assorted jar of pickles

Coffee assorted 6.3 oz. bags
Coffee, assorted 6.3 ounce bags,
decaf 6.30 oz. bags
Packet of brown gravy mix. 8 oz.
carton of shelf stable milk great
for cooking

CHOICE NON FOOD ITEMS

Soaps: Laundry, dish hand soap
liquid
Body wash: woman or men
Hair products, shampoo and
other assorted.
Fridge N freezer baking soda
cleaner limited supply
Hand sanitizers refill
Hand sanitizers with pump if
you have not received one
before these are large
containers.
Bags: snack, sandwich, quart,
gallon.
Foil or plastic wrap
Twist and Lock 2 small round
food containers
Toilet tissue 4 rolls count as one
Paper towels

Maxi pads, Tampons
Razors and Shaving cream
assorted
Tylenol sinus

THESE ITEMS DO NOT COUNT TOWARDS POINTS

Canned chicken depending on
family size may have up to 2
cans
Tuna, may have up to 6 cans
depending on family size

Vienna sausages 6 cans equal 1
Chicken noodle soup may have
up to 6 cans
Canned meals, ravioli, canned
meals may have up to 5 total
Big Beefaroni, spaghetti O's
Spaghetti and meat balls
Apple sauce cups, plain may
have up to 6 cups
Apple sauce cups berry flavor 1,
6 pack per family
Diced pear cups may have up to
6 cups
Canned chili with beans may
have up to 2 cans
Chili no beans 1 can per family
Red beans and rice in a box
Hollande style onions pint jar
does not count towards points
red beans and rice canned may
have up to 3 cans
Kidney beans depending on
family size may have up to 4
cans
Black beans may have up to 3
cans
Pork N beans may have up to 4
cans
Peanut butter, creamy or
crunchy 1 jar per family
Jelly, grape or strawberry 1 per
family
8 oz. carton of shelf stable milk
great for cooking
Bar hand soap and Deodorant
roll on
Band aids 1 box per family

