

# Pantry Selection

**Select the items you or your family WILL USE**

Name: \_\_\_\_\_

Number in Household: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**Must Provide Phone #**

Special Dietary Requests:	
_____ Low/No Salt	_____ Vegan/Vegitarian
_____ Low/Sugar Free	_____ Nut Allergies
_____ Gluten Free	_____ Dairy Allergies

Pick up Date: \_\_\_\_\_

The number of people in your family determines the amount of items from that section. There is max of how many of each item you can receive.

**We do our best to fill orders by what we have in sock. Number of items per household is an estimate of what you will receive.**

Canned Vegetables (max 4 each item)				
# People:	1-2	3-4	5-6	
# Items per household:	8	10	12	
Carrots	-----			
Corn	-----			
Green Beans	-----			
Mixed Vegetables	-----			
Peas	-----			
Potatoes	-----			
Sweet Potatoes/Yams	-----			
Tomatoes (Diced/Chopped)	-----			

Canned Fruits (max 4 each item)				
# People:	1-2	3-4	5-6	
# Items per household:	4	6	8	
Applesauce	-----			
Cranberries	-----			
Fruit Cocktail	-----			
Mandarin Oranges	-----			
Peaches	-----			
Pears	-----			
Pineapple	-----			

Beans, Chili & Canned Meals (max 4 each item)				
# People:	1-2	3-4	5-6	
# Items per household:	8	10	12	
Baked Beans	-----			
Black Beans	-----			
Chili Beans	-----			
Chili NO Beans	-----			
Garbanzo Bean/Chick Peas	-----			
Kidney Beans	-----			
Northern/Cannellini Beans	-----			
Pinto Beans	-----			
Pork & Beans	-----			
Ravioli, Lasagna, Spaghetti Ohs	-----			

Peanut Butter & Jelly (max 1 each item)				
# People:	1-2	3-4	5-6	
# Items per household:	1	1	2	
Peanut Butter	-----			
Grape Jelly	-----			
Strawberry Jam	-----			

Pasta, Potatoes, Rice (max 4 each item)				
# People:	1-2	3-4	5-6	
# Items per household:	10	12	14	
Helper-Hamburger	-----			
Helper-Tuna	-----			
Mac & Cheese	-----			
Spaghetti	-----			
Penne, Elbow, Shells, Rotini	-----			
Bagged Flavored Pasta Sides	-----			
Ramen Noodles	-----			
Au Gratin/Scalloped Potatoes	-----			
Instant Potatoes (Large Box)	-----			
Instant Potatoes (Pouch)	-----			
Instant White Rice	-----			
Instant Brown Rice	-----			
Beef Rice	-----			
Cheddar Broccoli Rice	-----			
Chicken Rice	-----			
Dirty Rice	-----			
Jambalaya	-----			
Red Beans & Rice	-----			
Rice Pilaf	-----			
Spanish Rice	-----			

Soups, Sauces & Meal Makers (max 2 each item)			
# People:	1-2	3-4	5-6
# Items per household:	10	12	14
Chicken Broth			
Alfredo Sauce (White)			
Spaghetti Sauce (Red)			
Gravy			
Soup-Cream of Chicken			
Soup-Cream of Mushroom			
Soup-Chicken Noodle			
Soup-Tomato			
Soup-Vegetable			
Tomato Paste			
Tomato Sauce			

Canned Meats & Large Soups (max 2 each item)			
# People:	1-2	3-4	5-6
# Items per household:	5	6	7
Canned Chicken Breast			
Tuna (2 cans)			
Vienna Sausage			
Chicken Pot Pie Soup			
Chicken-Sausage Gumbo			
Chili Mac Soup			
Ham & Bean Soup			
Loaded Baked Potato Soup			
Minestrone			
Steak & Potato Soup			

Breakfast (max 2 each item)			
# People:	1-2	3-4	5-6
# Items per household:	4	5	6
Corn Flakes			
Frosted Flakes			
Crispy Rice (Rice Krispies)			
Honey Nut Crispy Oats (Honey Nut Cheerios)			
Regular Crispy Oats (Cheerios)			
Raisin Bran			
Shredded Wheat			
Shredded Wheat Strawberry			
Shredded Wheat Blueberry			
Instant Oatmeal, Variety Pack			
Instant Oatmeal, Maple Brown Sugar			
Chewy Granola Bars, Assorted			
Chewy Granola Bars, Choc Chip			
Fruit & Grain Bars, Apple			
Fruit & Grain Bars, Blueberry			
Fruit & Grain Bars, Strawberry			

Baking IF AVAILABLE (1 Per Family)	
Brown Sugar	Brownie Mix
Cake Mix & Frosting	Cornbread Mix
Flour-5 lbs.	Pizza Crust
Pie Crust & Filling	Powdered Sugar
Sugar-4 lbs.	Vegetable Oil-48 oz
Corn Meal	Evaporated Milk
Condensed Milk Sweetened	Muffin Mix

IF AVAILABLE (1 Per Family)	
<b>Miscellaneous</b>	
Pancake Mix & Syrup	
Corned Beef /Corned Beef Hash	
SPAM/Luncheon Meat	
<b>Drinks &amp; Beverages</b>	
Coffee Decaf	Coffee
Apple Juice	Grape Juice
<b>Condiments</b>	
Ketchup	Yellow Mustard
Mayonnaise/Miracle Whip	
<b>Snacks</b>	
Chips	Crackers
Cookies	Nuts/Seeds

Request/ Notes:

**Filled Pantry Selections will be held seven (7) days then placed back on the shelves for others. You will then receive a generic premade Pantry.**