

# Shopping list for website & pantry

Name \_\_\_\_\_ #people in household \_\_\_\_\_ Jan 24th, 2026

Address \_\_\_\_\_

**Dietary Restrictions (circle):**

**Gluten Free - Vegetarian - Diabetic - Low Sodium - Low Cholesterol - Lactose Intolerant**

**SUBSTITUTIONS FOR DIETARY RESTRICTIONS:**

**Gluten Free:** non-gluten item, non-gluten flour mix, extra protein, rice

**Vegetarian:** beans, peanut butter, vegetarian items replace amount of meat items

**Diabetic:** fresh fruit, canned fruit no sugar, grain items, potatoes, unsweetened cereal

**Low Sodium:** non processed food, extra fruit and vegetables, dairy, protein

**Pregnant or Breastfeeding:** Dairy, protein, fresh fruit and vegetables, whole grains

**Lactose Intolerant:** Soy, Oat, Almond

----> Circle your choices in **Bold** type

<https://docs.google.com/document/d/1-eR8-p6DntR-zdOX1Anb2BKAPmLKux58IfEZAhbdFS8/edit?usp=drivesdk&disco=AAABPWvm-WU1/PP> = 1 per person --- 1 = 1 per household

<b>FREEZER ITEMS</b>					
1 MEAT	<b>Ground Beef 1 lb. TAco seasoned beef</b>	<b>Pad Thai frozen meal (veg) Vegetarian pizza</b>	<b>Ground Turkey</b>	<b>Pork chops Hot Dogs</b>	<b>Chicken Drumsticks Breasts</b>
2 ITEMS			<b>Chickpeas</b>		<b>Apricot Cups</b>
	<b>Cauliflower</b>			<b>Beets</b>	

<b>MISCELLANEOUS</b>					
<b>1 BABY ITEMS</b>	<b>Diaper size: 0, small,1, 2, 3, 4, 5, 6 Little Swimmers 5-6, Lg overnights</b>			<b>Training Pants 2T, 3T, 4T</b>	<b>Baby Foods ( variety)</b>
<b>PERSONAL ITEMS 1 each person</b>	<b>Adult disposable Briefs S, Med, Lg, XL, XXL (male or female )</b>			<b>Adult bladder pads / protective sheets</b>	
<b>1 PET FOOD</b>	<b>Dog Food dry</b>	<b>Cat food, dry/wet</b>			
<b>HYGIENE ITEMS</b>	<b>Masks</b>	<b>Floss / toothpaste/ toothbrush</b>	<b>Laundry Sheets</b>	<b>Feminine Pads, Tampons</b>	
<b>GLUTEN FREE*</b>	<b>Beans Hlgh Fiber Wraps</b>	<b>Potato Flakes Rice Noodles</b>	<b>Cereal; Rice or Corn</b>	<b>Snacks Vegetarian Lasagna</b>	<b>Soup Canned meat</b>
<b>NON-PERISHABLE ITEMS</b>					

CANNED MEAT 1PP	Tuna	Salmon	BBQ chicken	Pork	Canned Chicken
CANNED BEANS 1PP	Black Beans / Chili Beans	Kidney / Great Northern	Garbanzo	Pinto	Refried Red beans and rice
PACKAGED MEALS 1PP	Vegetarian Chili	Ravioii	Pork and Beans	Baked beans	Chili with turkey
1 OIL	Canola Oil Spray		Veg Oil		
Baking / Misc. 2 HH	Flour			Pancake Mix	Marshmallows
2 DRY GRAINS/LEGUMES	Green Split Peas / Lentils	Garbanzos	Northern Beans	Black eyed peas	Pinto beans

2 PASTA MEAL MIX	Mac and Cheese Box	Cheesy Tuna	Strognagnoff	Alfredo	4 cheese lasagna	Instant Mac Cheese
1 BROTH/GRAVY/ SEASONING	Seasoning; Chili Powder, Cumin, Enchilada, Meatloaf , Beef Stew, Fajita, Chili mix, ranch			Gravy packets		
1 PASTA & 1 RICE	Rice medium grain	Instant Rice, broccoli and cheddar	Elbow Macaroni	Spaghetti	Egg Noodle	Penne
TOMATO PRODUCT 1PP		Pasta sauce, low sodium	Diced tomato	Tomato Sauce	Tomato Paste	
SOUP 1PP	Chicken Noodle	Cream of Mushroom	Tomato	Minestrone	Chicken Noodle or Spicy	Ramen, beef or chicken
CANNED VEGGIES 1PP	Corn	Green beans	Sweet Peas			Mixed Veggies
CANNED FRUIT 1PP	Pineapple	Applesauce	Mandarin oranges	Fruit Mix	Peaches	Apricot
1 COLD CEREAL	Boo Berry	Rice Crispies	Fruit Rings	Corn Flakes		
1 HOT CEREAL		Quick Oats				
2 SNACKS	Carmel granola bars	Hazelnuts	Doritos chips	Popcorn	Cheddar chips	Pecans
	Dried Cherries	Dried Plums	Pretzel snack	Cheese crackers	Pudding Cups	Raisins
1 COFFEE/TEA	Tea Roobios	Hot Chocolate	Regular Dark Coffee			Maple Bourbon Coffe Light

1 CONDIMENTS	Miracle Whip	BBQ Sauce	Bubble Tea	Relish	Greek Dressing	
1 PEANUT BUTTER	Creamy Peanut Butter					
FRUIT JUICE 1PP	Water, gallon	Fruit Punch	Apple	Sparkling lime watermelon	Apple Cherry Juice	
<b>DAIRY, EGGS &amp; PRODUCE (fresh dairy and eggs not available until further notice)</b>						
1 FRESH DAIRY	2% ½ Gallon Milk	Cheddar Cheese				
1 BUTTER	butter					
1 EGG CARTON	doz eggs					
1 MILK ALTERNATIVE						
1 SHELF-STABLE DAIRY	1 % milk			Chocolate Protein Shake		
PRODUCE	Onions	Potatoes	Beets	Pumpkin	Oranges	Limes
	Plums	Pears	Apples	Peppers	Cucumbers	Grapes / Bananas

**Happy Fun Shelf (1 PP):** Sweet Tarts, Refried beans, Jalapenos, Stuffing, Ritz bites, Beans, Soups, Cranberry sauce, Top Ramen, Spearmint gum, Raisins, Energy Bars, Tuna, Hominy, Spicy brown mustard

## Tab 2

