

# Shopping list for website & pantry

Name \_\_\_\_\_ #people in household \_\_\_\_\_ Nov. 22, 2025

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-zdOX1Anb2BKAPmLKux58IfEZAhdFS8/edit?usp=drivesdk&disco=AAABPWvm-WU1/PP> = 1 per person --- 1 = 1 per household

FREEZER ITEMS					
1 MEAT	Ground Beef 1 lb.	Petite Shrimp	Turkey Breasts	Pork picnic roast	Chicken Drumsticks
2 ITEMS	Strawberries	Blueberries	Chickpeas	Zucchini	Apricot Cups
	Cauliflower				

MISCELLANEOUS					
1 BABY ITEMS	Diaper size: 0, small, 1, 3, 4, 5, 6 Little Swimmers 5-6, Lg overnights		Training Pants 2T, 3T, 4T	Baby Foods ( variety)	
PERSONAL ITEMS 1 each person	Adult disposable Briefs S, Med, Lg, XL, XXL (male or female )			Adult bladder pads / protective sheets	
1 PET FOOD	Dog Food dry	Cat food, dry/wet			
HYGIENE ITEMS	Masks	Floss / toothpaste		Feminine Pads	Laundry Detergent Sheets
GLUTEN FREE*	Beans	Potato Flakes / Rice Noodles	Cereal, Rice or Corn	Snacks	Soup /canned meat
NON-PERISHABLE ITEMS					
CANNED MEAT 1PP	Tuna	Salmon	BBQ chicken	Spam	Canned Chicken
CANNED BEANS 1PP	Black Beans Chili Beans	Kidney	Garbanzo	Pinto	Refried

		Great Northern			
PACKAGED MEALS 1PP	Vegetarian Lasagna / Vegetarian Chili	Ravioii	Pork and Beans	Chili with turkey	Chili with chicken
1 OIL	Olive Oil		Veg Oil		
Baking / Misc. 2 HH	Panko	Masa	Flour	Pancake Mix	Graham Cracker crust / crumbs
2 DRY GRAINS/LEGUMES	Green Split Peas	Garbanzos	Northern Beans	Navy beans	Pinto beans / Red kidney beans

2 PASTA MEAL MIX	Mac and Cheese Box	Italian Pasta Cheese Sauce	Instant Potatoes	Stuffing		
1 BROTH/GRAVY/SEASONING	Seasoning; Chili Powder, Cumin, Enchilada, Meatloaf , Beef Stew			Gravy packets		Bouillon
1 PASTA & 1 RICE	Rice long grain	Rice, Medium	Elbow Macaroni	Spaghetti	Egg Noodle	Rigatoni
TOMATO PRODUCT 1PP		Pasta sauce, low sodium	Diced tomato	Tomato Sauce	Tomato Paste	
SOUP 1PP	Chicken Noodle	Cream of Mushroom	Low Sodium Tomato Bail	Vegetable Soup	Chicken Noodle or Spicy	Ramen
CANNED VEGGIES 1PP	Corn	Green beans				Mixed Veggies
CANNED FRUIT 1PP	Apricot	Pears	Blueberries	Fruit Mix	Peaches	
1 COLD CEREAL	Boo Berry	Rice Crispies		Corn Flakes		
1 HOT CEREAL		Quick Oats				
2 SNACKS	Chocolate cupcakes	Hazelnuts	Corn chips	Popcorn	Cheddar chips	Pistachos
	Pretzels	Dried Plums	Bagel chips	cheese crackers	Bagel Chips	Raisins
1 COFFEE/TEA	Tea,misc.	Hot Chocolate K-cup	Regular Coffee			
1 CONDIMENTS		Soy Sauce				
1 PEANUT BUTTER	Creamy Peanut Butter					
FRUIT JUICE 1PP	Water, gallon	Fruit Punch		Grape	Apple Cherry Juice	

DAIRY, EGGS & PRODUCE (fresh dairy and eggs not available until further notice)						
1 FRESH DAIRY	2% Gallon Milk					
1 BUTTER	butter					
1 EGG CARTON	doz eggs					
1 MILK ALTERNATIVE						
1 SHELF-STABLE DAIRY						
PRODUCE	Onions	Potatoes	Beets	Sweet Squash	Oranges	Limes
	Plums	Pears	Apples	Eggplant / Peppers	Cucumbers	Grapes / Bananas

**Happy Fun Shelf (1 PP):** Beans, Soup, pasta, vegetables, snacks, Ramen, cake mix, mac & Cheese, popcorn, cookies, seasonings, figs, Candy, granola bars, snack meat packs, blueberry pastry bar

**Tab 2**

