

Shopping list for website & pantry

Name _____ #people in household _____, May 20, 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-zdOX1Anb2BKAPmLKux58IfEZAhdFS8/edit?usp=drivesdk&disco=AAABPWvm-WU1/PP> = 1 per person --- 1 = 1 per household

FREEZER ITEMS					
1 MEAT	ground beef	catfish fillets pollock fish sticks		Pork ground chops bratwurst	Chicken Drumsticks thighs
2 ITEMS					

MISCELLANEOUS					
1 BABY ITEMS	Diaper size: 0, small, 1, 2, 3, 4, , 6			Baby Foods (variety, Enfamil, crackers)	
PERSONAL ITEMS 1 each person	Adult disposable Briefs XL, XXL (male or female)				
1 PET FOOD	Dog Food dry	dog toys	cat dry		cat wet
HYGIENE ITEMS	Masks, hand sanitizer, lysol	Floss	Beauty Products: Deodrant, Soap, shampoo	Hearing aid batteries	Feminine hygiene
GLUTEN FREE*	Pasta	Potato Flakes	Cereal; Rice or Corn	Snacks chips, raisins, crackers	Soup, Lentils, beans,
NON-PERISHABLE ITEMS					
CANNED MEAT 1PP	Tuna	canned pork			Canned Chicken

CANNED BEANS 1PP	Black beans	vegetarian	Garbanzo	Pinto	Refried beans
PACKAGED MEALS 1PP	Beef Stew	Baked Beans	Veg. Chili	Chicken Chili	Chili with turkey
1 OIL			Veg Oil		
Baking / Misc. 2 HH	Flour	Masa	Baking Mix	Marshmallows, mini	Pumpkin
2 DRY GRAINS/LEGUMES	Green Split Peas / Lentils	Garbanzos / Kidney	Northern Beans	Black	Pinto beans

2 PASTA MEAL MIX	Mac and Cheese Box	Cheesy Tuna				
1 BROTH/GRAVY/SEASONING	Onion Thyme Gravy, taco seasoning, Chili seasoning			Instant Potatoes	Stuffing	
1 PASTA & 1 RICE	White Rice	Brown Rice		Spaghetti	Veggie Penne	
TOMATO PRODUCT 1PP		Pasta sauce, low sodium	Diced Tomato		Tomato Paste	
SOUP 1PP	Chicken Noodle	Cream of Mushroom	Tomato	Vegetable		
CANNED VEGGIES 1PP	Corn	Green beans	Butternut Squash	Pumpkin		Mixed Veggies
CANNED FRUIT 1PP	Pears	Applesauce	Mandarin oranges	Fruit Mix	Peaches	Apricot
1 COLD CEREAL	Boo Berry	Crispy rice	Life	Honey Comb	Corn Flakes	Cheerios pumpkin
1 HOT CEREAL	Grits	Quick Oats				
2 SNACKS	Pocky	Hazelnuts	spicy mango	Nutter Butter Cookie	Oreo	raisins
	Mini cheddar cheetos	pumpkin pop tarts	Pretzel snack	Potato Chip\Sweet Potato	Street Sweet Popcorn	Pita thins

1 COFFEE/TEA	Tea	Cold Brew Coffee	Coffee Peets, pumpkins spice		Nescafe espresso Concentrate	
1 CONDIMENTS	Italian Dressing					
1 PEANUT BUTTER	Creamy Peanut Butter					
FRUIT JUICE 1PP	Sparkling Grape/ Apple	Apple	Grape Juice	Berry Bless	Bubble Water	
DAIRY, EGGS & PRODUCE (fresh dairy and eggs not available until further notice)						
1 FRESH DAIRY	2% Gallon Milk					
1 BUTTER						
1 EGG CARTON	Doz eggs					
1 MILK ALTERNATIVE	Rice Milk					
1 SHELF-STABLE DAIRY	1 % milk	Dry Whole Milk	Whole Milk			
PRODUCE	Onions	Potatoes	Apples	Pears	Oranges	Kale
	Bananas	Eggplant	Grapefruit	Bell Peppers	Cabbage	Limes

Happy Fun Shelf (1 PP): Chicken Noodle Soup, Beans, vegetable, chile, popcorn, stroganoff mix, gravy, tuna, vienna sausages, beef stick, ramen, black eye peas
 Nerds, Gum mint, Honey Oat Cereal, Instant Oatmeal, fruit cocktail, pop tarts
 Mini sun chips, pineapple cakes, chocolate cupcake
 Bloody Mary Mix

Tab 2

