Name_____#people in household_____, Nov. 4, 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

FREEZER ITEMS					
1 MEAT	**Ground Chicken** **Chicken Drumsticks**		**Ground Beef**		**Fish Nuggets**
2 ITEMs	**Peaches**				
		Frozen Eggs 32 oz			

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 SM, XL, XXL (male or female)**				
1 PET FOOD	**Dog wet**	**Dog dry**		**Cat dry**	**Cat wet**
HYGIENE ITEMS	**Masks, hand sanitizer,** **TP**	**Floss** **Toothbrush** **Toothpaste**	**Beauty Products: lotion, shave**	**Shampoo/Conditioner/ Body Wash**	**Feminine hygiene pads**
GLUTEN FREE*					
NON-PERISHABLE ITEMS					
CANNED MEAT 1PP	**Tuna in water low sodium**		Canned Salmon	**Chicken**	
CANNED BEANS 1PP	**Black beans**	**Vegetarian**	**Garbanzo**		

PACKAGED MEALS 1PP	Vegetable Stew	Cheese Ravioli	Chicken Chili	Vegetarian Chili	Tomato/Veg w pasta
1 OIL			Veg Oil		
Baking / Misc. 2 HH	Flour	Masa	Taco Mix		Pumpkin Pie Mix
2 DRY GRAINS/LEGUMES	Lentils / Garbanzo	Kidney	Northern Beans	Black	Pinto

2 PASTA MEAL MIX	Mac and Cheese Box		Stove Stuffing	Alfredo pasta		
1 BROTH/GRAVY/ SEASONING	Taco seasoning, Burrito seasoning,			Beef Stock	Veg. Broth	
1 PASTA & 1 RICE	Penne	White Rice	Elbow	Spagetti		
TOMATO PRODUCT 1PP	Creamy Chicken		Diced Tomato			
SOUP 1PP	Chicken Noodle	Chicken / Beef RAmen	Tomato	Vegetable		
CANNED VEGGIES 1PP	Corn	Green beans	Sweet Potato Puree	Peas	Pumpkin	
CANNED FRUIT 1PP	Pears	Applesauce	Mandarin Oranges	Fruit Mix		Apricot
1 COLD CEREAL	Crispy Rice	Corn Flakes	Fruit Rings	Raisin Bran	Vanilla Loops	
1 HOT CEREAL		Quick Oats				
2 Snack	Buffalo RAnch Tortilla Chips	Spicy Pimento Cheese	Dill Pickle Twists	Mini Marshmallows	Meat Sticks	Freezer Pops
	Raisins	Baked Cheetos	Chex Mix	Protein Bars	Pop Tart mint/ choc	
1 COFFEE/TEA	Tea ; decaf or caffeine	Coffee light roast Keurig	Vanilla Coffee, Caramel Coffee, King Cake Coffee			
1 CONDIMENTS	Creamer	Splenda				
1 PEANUT BUTTER	Creamy Peanut Butter		Crunchy Peanut Butter			
FRUIT JUICE 1PP	Lemonade	Apple Juice Pineapple Juice	Distilled water	Berry Juice	Lime, Raspberry, fruit punch, Bubble Water	

DAIRY, EGGS & PRODUCE						
1 FRESH DAIRY		Cheese, cheddar	Swiss Cheese			
1 BUTTER	Butter					
1 EGG CARTON	Doz eggs					
1 MILK ALTERNATIVE						
1 SHELF-STABLE DAIRY	1 % milk					
PRODUCE	Apples	Oranges	Potatoes	Beets	Bananas	Tomato
	Carrots Kolrabi	Apples	Chard Spinach	Red Onions	green tomatoes	Cucumber

PANERA (1 item per household) - Everything / Asiago Bagel, Rustic Baguette, Cinnamon Crunch Bagel, Multirgrain thin bagel, Choc Chip cookies, Choc pastry misc.

Happy Fun Shelf (2 PP):

Soups - Spicy cream of chicken, Vegetable, Cheddar Cheesy Noodle, Annies Chili, Turkey Chili, Spicy RAmen, vegetable broth

Protein - Pasta instant pack, Roast Beef canned, Madras Lentils, Chicken canned, Pork canned

MIsc: Collard Greens, Carrots

Snacks : Jello, Puffed Crackers, Tapioca, Teddy Grahams, Almond Butter, Gum, Nerds, Icing, Choc Chip Cookies

Baby Cereal