

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

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

MISCELLANEOUS					
1 BABY ITEMS	Diaper size: 0, small,1, 2, 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/ toothbrush	Laundry Sheets	Feminine Pads, Tampons	
GLUTEN FREE*	Beans	Potato Flakes	Cereal; Rice or Corn	Snacks	Soup
	High Fiber Wraps	Rice Noodles		Vegetarian Lasagna	Canned meat
NON-PERISHABLE ITEMS					

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	Stroganoff	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	
DAIRY, EGGS & PRODUCE (fresh dairy and eggs not available until further notice)						
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

