

McFarland Community Food Pantry - September 2022 Shopping List

Name: \_\_\_\_\_ # in Household: \_\_\_\_\_ Date: \_\_\_\_\_

Item	Quantity	Item	Quantity	Item	Quantity
<b>CANNED VEGETABLES</b>		<b>CANNED PASTA/STEW</b>		<b>MISC-LIMITED ITEMS</b>	
Beets		Beef Stew		Apple Cider Vinegar	
Carrots		Chili w/o beans		Bread Crumbs	
Corn		Chili with Beans		9W LED bulbs-4pack	
Creamed Corn		Chicken/Turk chili w/beans		(60 watt equiv)	
Green Beans		Pasta - no meat			
Green Beans-French		Pasta with meat		<b>BOXED PASTA</b>	
Mixed Vegetables		Ravioli/Mini-Ravioli		Elbow Macaroni	
Mushrooms		Spaghetti & Meatballs		Egg Noodles	
Peas				Gemelli	
Peas & Carrots		<b>CANNED/DRIED FRUIT</b>		Lasagna	
Potatoes		Applesauce		Penne	
Sauerkraut		Cranberry Sauce		Ribbon w/Spinach	
Spinach		Fruit Cocktail		Rotini	
		Mandarin Oranges		Shells	
<b>CANNED BEANS</b>		Peaches		Spaghetti Noodles	
Baked Beans		Pears			
Baked Beans-Veget		Pineapple		Macaroni & Cheese	
Black Beans		Pumpkin			
Cannellini Beans		Raisins		<b>MEAL HELPER</b>	
Chick Peas/Garbanzo				Chicken	
Chili Beans		<b>NUTS (1/visit)</b>		Ground Beef	
Great Northern		Pistachios		Tuna	
Kidney Beans		Walnuts			
Lentil				<b>BOXED SIDES--When Available</b>	
Pinto		<b>RICE</b>		Noodles	
Red Beans & Rice		Brown		*Alfredo	
Refried Beans		Instant		*Cheddar Broccoli	
Vegetarian Beans		White 1lb/2lb		*Chicken	
				*Parmesan	
<b>CANNED MEAT</b>		<b>DRIED BEANS</b>			
Chicken (limit 3)		Lentils		Rice	
Corned Beef Hash		Red/Kidney Beans		*Beef	
Manwich Sauce		Split Pea - Green		*Cheddar Broccoli	
Pork		Split Pea - Yellow		*Chicken	
Spam (limit 1)				*Garlic Parmesan	
Tuna (limit 3)		<b>BAKING</b>		*Spanish/Mex	
		Flour			
		Sugar		<b>RAMEN NOODLES</b>	
		Vegetable Oil		Beef	
				Chicken	
				Shrimp	

Item	Quantity	Item	Quantity	Item	Quantity
<b>TOMATO RELATED</b>		<b>JUICE</b>		<b>BREAD</b>	
Crushed Tomatoes		Apple (Limit One)		White	
Diced Tomatoes		Orange (8oz)		Wheat	
Spag Sauce w/o meat					
Tomato Paste		<b>MILK/ENSURE</b>			
Tomato Puree		Milk-Instant Dry		<b>REFRIGERATED</b>	
Tomato Sauce		Milk-Shelf Stable (8oz)		Butter/Margarine	
				Cheddar, Block(after 9/15)	
<b>BOXED POTATOES</b>				Cottage Cheese	
Augratin		<b>PERSONAL ITEMS</b>		Eggs	
Mashed		Adult Underwear		Milk	
Scalloped		Bar Soap		White Queso Dip	
		Conditioner(1 month)		Yogurt - Asst Flavors	
<b>CANNED GRAVY/BROTH</b>		Deodorant M/F			
Beef Broth		Personal-Maxi Pads			
Chicken Broth/Stock		Personal-Mini Pads			
Turkey Gravy		Personal-Tampons		<b>FROZEN - As Available</b>	
		Shampoo (1/month)		Chicken - Dark Meat	
<b>CANNED SOUP</b>		Toothbrush		Chicken - White Meat	
Chicken & Rice		Toothpaste (1/month)		Chicken - Ground	
Chicken Noodle				Turkey - Ground	
Cream of Chicken		<b>HOUSEHOLD ESSENTIALS</b>			
Cream of Mushroom		Facial Tissues		Beef	
Tomato		Hand Sanitizer		Ground Beef	
Vegetable		Liquid Hand Soap		Pork Chops	
		Paper Towels (1/visit)			
<b>BREAKFAST ITEMS</b>		Toilet Paper (1/visit)		Pollock Fillets	
Cheerios				Fish Sticks	
Rice Krispies/Crisp Rice		Dish Soap			
Other Cereal - No Sugar		<b>(3rd and 4th week only)</b>		Pizza, if available	
Other Cereal - Sugared					
		Laundry Soap			
Instant Oatmeal		<b>(1st and 2nd week only)</b>			
Instant Oatmeal packets					
Oatmeal - slow cook				<b>MISC FROZEN</b>	
Pancake Mix		<b>PRODUCE</b>		Brussels Sprouts	
Pancake Syrup		Apples		Carrots	
		Bananas		Corn	
<b>PEANUT BUTTER/JELLY</b>		Plums (after 9/15)		Mixed Vegetable	
Jam/Jelly - Grape		Onions			
Jam/Jelly - Raspberry		Oranges			
Peanut Butter-Creamy		Potatoes			
		Sweet Potato(after 9/15)			