

Shopping List

Name on account: _____

of family members: _____

Dietary Restrictions: _____

How many points do you want to use? All Half _____ Other

Should we substitute similar items? Yes No, just leave it off if you don't have the item I want

Dry Goods

- Bread
- Rice
- Dry Beans
- Pasta
- Oats
- Cereal
- _____

Baking Goods

- Flour
- Sugar (limit 3)
- _____

Beverages

- Coffee
- Tea
- Water
- Juice
- Soft drink
- _____

Canned Goods

- Vegetables
- Beans
- Chili/Pasta (limit 3)
- Broth
- Soup
- Tuna/Salmon (limit 3)
- Pumpkin
- Fruits
- Tomato
- Pasta Sauce
- _____

Pets

- Dog food
- Cat food

Personal Care

- Soap
- _____

Condiments

- Peanut butter (limit 2)
- Jam
- Salad dressing
- Ketchup
- Mustard
- Mayonnaise
- BBQ sauce
- _____

Boxed Meals

- Hamburger helper
- Mac n' cheese
- Ramen
- Cup o' noodles
- _____

Fresh Produce

- Daily variety box
- Potato
- Onion
- Carrot
- Apple
- Pear
- Melon
- Grapefruit
- Orange
- Celery
- Lettuce/salad
- Kale/cooking greens
- _____

Other Needs?

- _____

Dairy

- Milk
- Milk alternative
- Eggs (limit 3)
- Yogurt
- Sour cream
- Cottage cheese
- Cheese (limit 1)
- Butter (limit 1)
- _____

Spices & Seasoning (4 total)

- Salt
- Pepper
- Garlic
- _____

Snack foods

- Dried fruit
- Crackers
- Chips
- Bakery treats
- _____

Meat & Frozen

- Ground beef (limit 3)
- Ground turkey (limit 3)
- Lunchmeat (limit 3)
- Hot dogs (limit 3)
- Chicken (limit 2)
- Fish/seafood (limit 1)
- Non-meat protein
- Frozen vegetables
- Fries/hashbrowns
- Frozen fruits
- Frozen beans
- Bakery treats
- _____

We will do our best to accommodate your needs. All items are available as supply allows. Regular limits apply.