

Good Cheer Food Bank Shopping List

Name on account: _____ Date: _____ # of family members: _____

Dietary restrictions? _____

How much of your monthly points do you want to use today? All Half Other: _____

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

Delivery options are available if needed. Please call us at 360-221-4868 or email foodbank@goodcheer.org

The shopping list reflects items that we often have in stock. Items on the list may not be available at all times. Some additional items may be available even though they are not listed. Feel free to add requests in blank spaces. We will do our best to fill your needs with the information you provide and the inventory available.

COLD / PERISHABLE SECTION

Greens & Herbs

x Kale or cooking green:

x Lettuce or salad green:

x Seasonal/other:

x Fresh herbs:

Root Vegetables

x Onions: _____
x Potato: _____
x Carrots: _____
x Beets: _____
x Any/other

Fresh Fruit

x Apple: _____
x Citrus: _____
x Seasonal/other

Fresh Veggies, Other

*High seasonal variation!
Please request any you'd
like. Provided as available:*

x Celery
x Broc/cauliflower
x Tomato
x Cucumber
x Beans/peas
x Squash

Fats (LIMIT 1)

x Butter
x Margarine
x Oil: _____

Dairy & Refrigerated

x Milk: _____
x Creamer: _____
x Juice: _____
x Eggs: _____
x Yogurt: _____
x Cheese: _____
x Other: _____

Meat & Protein

x Whole turkey (seasonal)
x Chicken parts
x Ground beef
x Ground turkey
x Lunchmeat
x Hot dogs
x Fish/seafood
x Meat substitute:

x Other: _____

Frozen Foods

x Frozen veggies:

x Frozen fruits:

x Frozen meals:

x Frozen dessert:

WIN Lunches

x Ham or turkey: _____
x PB+J or bagel: _____
x Egg salad or burrito

Other notes or requests?

DRY GOODS

Dry Beans

- × Dry bean soup mix
- × Dry beans: _____
- × Split peas
- × Lentils

Cereal, Pasta & Grains

- × Rice: _____
- × Pasta: _____
- × Gluten-free pasta
- × Oats: _____
- × Cereal: _____

Baking Supplies & Mixes

- × Flour: _____
- × Yeast
- × Masa
- × Pancake mix
- × Cornbread mix
- × Cake/brownie mix
- × Muffin/sweet bread mix
- × Stuffing mix
- × Shake n bake
- × Sugar: _____
- × Other: _____

Bakery

- × Community loaves
- × Sliced bread
- × Unsliced bread
- × Gluten-free bread
- × Garlic bread
- × Buns: _____
- × Soft rolls/croissants
- × Baguettes
- × Tortillas/flatbread
- × Other: _____

Canned Goods

- × Canned Beans: _____
- × Canned vegetables: _____
- × Canned fruits: _____
- × Canned tomato: _____
- × Canned soup or broth: _____

Canned Meat

- × Chicken/turkey
- × Salmon
- × Tuna
- × Other: _____

Boxed/Instant Meals

- × Mac n' cheese
- × Ramen or cup noodles
- × Instant potato
- × Instant soup mix
- × Instant/"helper" meal
- × Heat & serve meals

Treats & Snacks

- × Dried fruit: _____
- × Nuts: _____
- × Popcorn: _____
- × Chips: _____
- × Crackers: _____
- × Cookies: _____
- × Candy: _____
- × Other: _____

Beverages

- × Coffee: _____
- × Tea: _____
- × Cocoa
- × Water
- × Sparkling water
- × Juice: _____
- × Soft drink: _____
- × Protein/sport drink

Spices & Seasoning

- × Salt: _____
- × Pepper: _____
- × Garlic: _____
- × Taco seasoning
- × Chili seasoning
- × Other: _____

Condiments (limit 5)

- × Ketchup
- × Mustard
- × Mayo
- × BBQ sauce
- × PB: _____
- × Jam: _____
- × Salad dressing: _____

- × Other: _____

Other notes or requests?

Toiletries/Pharmacy

- × Soap
- × Tooth care: _____
- × Hair care: _____
- × Travel kit: _____
- × Feminine hygiene _____
- × Incontinence care _____
- × Other: _____

Household Needs

- × TP/paper products
- × Cleaning products
- × Other: _____

Infants & Children

- × Formula
- × baby food
- × Diapers, size: _____
- × Other: _____

Pets

- × Dog food/treats: _____
- × Cat food/treats: _____
- × Other: _____