

## Fruits & Vegetables

Vegetables (Choose up to 4)

Carrots  Corn  Peas  
 Creamed Corn  Green Beans  
 Mixed Veggie  Sliced Potato  
 Sweet Potato  Instant Potato  
 Diced Tomato  Spicy Tomato  
 Tomato Sauce  
 Spaghetti Sauce

Fruit (Choose up to 2)

Applesauce  Apricots  
 Mandarin Orange  Mixed  
 Peaches  Pears  
 Pineapple  Pumpkin  
 Dried Cherries  Raisins  
 Dried Fruit & Nut Mix

Juice (Choose up to 1)

Orange / Grapefruit / Other

## Grains (Choose up to 3)

Pasta & Rice

Whole Wheat  Spaghetti  
 Other Pasta  
 Grits  Hominy  
 Wild Rice  Jasmine Rice  
 Brown Rice  White Rice

Cereal

Oatmeal  Cream of Wheat  
 Whole Grain Sweet  
 Cheerios  Rice Krispies  
 Corn Flakes  Raisin Bran  
 Chex  Sugary

## Beverages (Choose up to 1)

Coffee  Tea  
 Hot Cocoa  Hot Cider

AND

(Choose 1 per household member)

Protein  Juice Box  
 Sparkling Water  Diabetic  
 Ensure/Boost  Other

## Infant Supplies (If available)

(MUST have infant in household)

Formula  Baby Food  
 Diapers/Swimmers Size:

## Household of 1-2-3

Order#

Kids 10 &  
Under?  
Yes No

SPICY  
FOODS?  
Yes No

Pounds:

## HH Essentials (Choose up to 2) *Limit 1 Each*

Toilet Paper  Dish Soap  
 Soap-3 Bars  Laundry Soap  
 Shampoo  Conditioner  
 Toothbrush/paste  Hand Soap  
 Feminine Pads  Tampons  
 Hand Sanitizer  Body Lotion  
 Kleenex  Paper Towels  
 Deodorant W/M  Shavers W/M  
 Body Wash W/M W/M=women/men

## Proteins

Beans & Peas (Choose up to 2)

D:  Lentil  Pinto  Black  Split Peas  
C:  Black  Spicy Black  Kidney  
 Garbanzo  Spicy Pinto  Great North  
 Black eyed Peas  Refried

Canned Meat & Nuts (Choose up to 2)

Peanut Butter Creamy/Crunch  Walnuts  
 Pork  Spam  Beef  Sardines  
 Chicken  Salmon  Tuna

Frozen Meat (Choose up to 3)

BEEF:  Ground (limit 2 lb.)  Other  
PORK:  Bacon  Pulled  Taco Meat  
 Roast  Ham  Other  
FISH:  Pollack (non-breaded)  
CHICKEN:  Breast  Thighs  Whole  
 Legs  5# Patties  Other  
HOT DOGS:  SAUSAGE:

## Cooking/Baking (Choose up to 2)

Broth: Chicken/Veggie  Powdered Milk  
 Walnuts  Evaporated Milk  
 Pancake Mix  Syrup  
 Cornbread  Spices: \_\_\_\_\_  
 Cooking Spray  Dessert Mix  
 Salad Dressing  Jelly: Grape/Strawberry  
 Honey  Black/Green Olives  
 Mustard: Yellow/Spicy  Ketchup  
 BBQ Sauce  Sriracha/Hot Sauce

AND

PANTRY STAPLES (Choose up to 1)  
Vegetable Oil Flour Sugar

## Boxed & Canned Meals

(Choose up to 3)

Soups

Cream of Chicken  
 Cream of Mushroom  
 Chicken Noodle  
 Hearty Chicken  
 Beef  Vegetable  
 Tomato

Boxed/Canned Meals

Mac & Cheese  Beef Pasta  
 Spaghettios  Sloppy Joe  
 Spaghetti Sauce  Chili  
 Baked Beans  Beef Stew  
 Boxed Potatoes  Stuffing  
 Tuna Skillet  Rice Side  
 Beef Skillet  Pasta Side

## Snacks (Choose up to 2)

Crackers: Saltine / Other  
 Salty Snack  Popcorn  
 Snack Bar  Protein Bar  
 Sweet Snack  Beef Sticks  
 Candy  Diabetic

## Dairy – Allowed ALL

(Check EACH one that you want)

1 Gallon Milk  Non-Dairy  
 Yogurt: Regular / Greek / Plant  
 1 Cheese (circle choice):  
Cheddar American Parmesan  
Spicy Marble Feta  
Mozzarella Specialty Brie  
 1 Butter or Margarine  
 1 Dozen Eggs

## Additional Bread/Bakery:

(Circle all preferences)

White Rye Wheat  
French Buns Garlic  
Dinner Rolls Specialty Sweet  
Pies Cookies Sweet Rolls  
Muffins Scones Donuts  
Cupcakes Bars/Cake

## SPECIAL REQUEST/S:

Something you need that's not listed?

# RiverWorks Food Shelf

## Food Shelf Order Form

**\*\* We reserve the right to reduce quantities or make food substitutions as needed \*\***

\_\_\_\_\_  
First & Last Name (Please PRINT)

\_\_\_\_\_  
Birth Date

(      )

\_\_\_\_\_  
Telephone Number

Can you receive texts?

Yes

No

\_\_\_\_\_  
Address

\_\_\_\_\_  
Email Address

Number of people in household:

\_\_\_\_\_ Children ages 0-17

\_\_\_\_\_ Adults ages 18-64

\_\_\_\_\_ Seniors age 65+

