

Household of 4-5-6

Fruits & Vegetables

Vegetables (Choose up to 6)

- 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 4)

- 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 4)

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 Cider Hot Cocoa

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:

Order#

Kids 10 &
Under?
Yes No

SPICY
FOODS?
Yes No

Pounds:

HH Essentials (Choose up to 3) *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 or men

Proteins

Beans Dry & Canned (Choose up to 3)

- 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 3)

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

Frozen Meat (Choose up to 4)

- 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 3)

- Broth: Chicken/Veggie Powdered Milk
 Walnuts Evaporated Mil
 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 5)

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 3)

- 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)

- 2 Gallon Milk Non-Dairy
 Yogurt: Regular / Greek / Plant
 2 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

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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+

