

Fruits & Vegetables

Vegetables (Choose up to 7)

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 5)

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

Juice (Choose up to 2)

Orange / Grapefruit / Other

Grains (Choose up to 5)

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

(MUST have infant in household)

Formula Baby Food
 Diapers/Swimmers Size:

Household of 7-8-9

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 & Peas (Choose up to 4)

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 4)

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

Frozen Meat (Choose up to 5)

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 4)

Broth: Chicken/Veggie Powdered Milk
 Evaporated Milk Walnuts
 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 7)

Soups

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

Boxed/Canned Meals

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

Snacks (Choose up to 4)

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

Dairy – Allowed ALL

(Check EACH one that you want)

2½ Gallon Milk Non-Dairy
 Yogurt: Regular / Greek / Plant
 2 Cheese (circle choice):
Cheddar American Feta
Parmesan Spicy Brie
Mozzarella Specialty Marble
 1 Butter or Margarine
 2 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+

