

Household of 10+

Fruits & Vegetables

Vegetables (Choose up to 8)

- 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 6)

- 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 6)

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 2)

- 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:

Order#

Kids 10 & Under?
Yes No

SPICY FOODS?
Yes No

Pounds:

HH Essentials (Choose up to 4) *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 5)

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

Frozen Meat (Choose up to 5)

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

Cooking/Baking (Choose up to 5)

- 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 8)

Soups

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

Boxed/Canned Meals

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

Snacks (Choose up to 5)

- 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)

- 3 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 substitutes 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+

