

First & Last Name of Recipient: _____ Color/Make of car _____ # _____

in household _____

Please provide: Address: _____ City _____ Zip _____

Ages: _____ Circle if applicable: WIC, SNAP, NSLP, Veteran

Items marked with * are lower in saturated fat, sodium, and added sugars- choose these healthy options often!

Meat Choices:

1-3 people - select 1 meat

Wish Item _____

4-6 people -select 2 meats

7+ people -select 3 meats

Chicken		Ground Chicken*	Sliced Deli Turkey*		Breakfast Sausage		Turkey Breast Roast			
Pork Chops		Ground Italian Sausage (plant based)	Burgers (Plant Based)		Beef		Chicken Franks		Plant Based Chicken Fillets	

BONUS (Select as many items as you'd like ... Limit 1 of each item):

Milk*	Eggs*	Lactose free Milk	Coconut Cream Almond Milk	Goat Cheese	
Desserts	Bread	Snacks		Graham cracker crumbs	
Body Spray	Wipes	Infant Motrin	Liquid hand soap	T.P.	

in household _____

Name: _____

1-3 in household: select up to 12 items

4-6 in household: select up to 15 items

7+ in household: select up to 18 items (1 can or box =1 item)

Special dietary needs: Gluten-free, vegetarian, vegan, food allergy: _____

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Soups:

Vegetable Soup	Cream of Mushroom	Chicken Noodle		Ramen Noodles	Spaghetti	Spaghetti Sauce	Red Pepper Quinoa
Tomato Soup	Cream of Chicken	Chicken Broth		Mac & Cheese	Canned Pasta	Macaroni	Rice & Beans Mix

Pasta/Grains:

CANNED Fruit:

Dry Goods:

Pears*			Navy Beans	Lentils*	Date Pieces*	Powdered Milk*
Applesauce*	Mandarin Oranges*			NutriPlenty*	Rice Soy Casserole*	*Almonds

CANNED Vegetables:

Canned Meat: (1 each max)

	Green Beans*	Peas*			Tuna*	Salmon*	Ground Pork
Diced Tomatoes*	Refried Beans	Potatoes*	Carrots*			Chili	Chicken

Pantry Staples:

Coffee Kcups*	Ground Coffee*	Coffee Creamer	Gatorade Powder	Chocolate Protein Powder*	Truffle Baking Chips	Evaporated Milk	Salad Dressing	Picante Sauce
Cider Vinegar	Ranch Sauce	BBQ Sauce	Tartar Sauce	Pepper*	Chicken Seasoning	Jelly	Cereal	
Stroganoff Helper	Lasagna Helper	Beef Pasta Helper	Poptart Bites	Cheez-its	Marshmallows		Cheese Pizza	
Frozen Peach Cups*	Pesto Chicken Power Bowls*	Mini Corn Dogs	Deli Sandwiches	Brown rice and chicken soup- large frozen	Cottage Cheese *		Cheesy Queso	

BONUS ITEMS: note: these items may be high in saturated fat, sodium and/or added sugars

Carnation Breakfast Drink*	Strawberry Boost	Celcius Heat	Sparkling Apple Cider	Chips/Pretzels
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Wishing you a good day and all the best!