

Your Full Name: _____

Customer shopping list - apr 2024

Sumner-Hartford Food Bank

Fill this form in and return to the food bank prior to **noon Friday** before the next distribution day. Either email to esummercc@gmail.com or drop it off in the box on the porch.

Customers check off items they desire. Volunteer will pull and provide quantities per household size.

If specific cereal types are not desired, note this. Otherwise cereal will be filled by volunteer per availability.

SL = Green, Yellow or Red based on nutrition stoplight chart. Green is healthy to eat, Yellow-occasional, Red-rarely.

Canned items	SL	Requested	Provided	Staples	SL	Requested	Provided	My protein priorities (pls place a number by up to 4), indicate your order of preference (eg. 1,2,3,4). If you don't give us a preference, we'll pick for you.)					
								Frozen	Requested	Provided			
Mixed veg	G			Spaghetti (w/w)	G			Chicken	G				
Green beans	G			Spaghetti(white)	G			Ground turk	G				
Pinto beans	G			Elbows	G			Fish fillets	G				
Kidney beans	G			Mac & cheese	G			Misc beef	G				
Garbanzo/Chick P	G			W/W pancake mix	G			Misc pork	G				
Peas	G			Corn meal	G			Pork Taco Mix	G				
Carrots	G			Bisquick	Y								
Corn	G			Rice	G								
Fruit cocktail	G												
Pears	G												
Applesauce	G			Dry beans			Note preference order	Apricot or peach cups					
Apricots	G			Pinto beans	G			Cherries	G				
Blueberries	G			Lentils	G			Blueberries	G				
				Great Northern Wh	G								
				Black beans	G								
				Split peas	G								
				Kidney beans	G								
Peanut Butter	G							Dairy (Not always available)					
Beef	G							UHT milk (qt)					
Tuna	G							Powdered milk					
Chicken	G							Fresh milk (gal)					
Salmon	G							Eggs					
				Dried fruit/Nuts			pick 3	Cheese					
				Almonds	G			Yogurt					
Spaghetti sauce	G			Walnuts	G			Margarine					
Tomato sauce	G			Hazelnuts	G								
Diced tomatoes	G			Pistachios.	G								
				Raisins	G			<i>Offered only 3rd Monday distribution.</i>					
Tomato soup	G			Dates	G			Toothpaste	**				
Chicken w/rice(dry)	G			Prunes	G			Shampoo	**				
Chili w/beans	Y			Cherries	G			Deodorant	**				
Cr of Mush soup	G							Flour	G **				
				Juice			pick 1	Sugar	R **				
								Cooking oil	**				
Cereal		1 cold cereal per order		Orange									
Adult				Apple				How many in family? (circle number)					
Children				Cranberry				1	2	3	4		
Quick oats								5	6	7	8		
Instant oatmeal													

Rinsing these canned fruits/veggies makes them into "green" items on the stoplight chart.

A tip for best nutrition: rinse all canned veggies if they are not "no sodium added" Rinse canned fruit if in syrup.