

# ST. ANN'S CHOICE FOOD PANTRY

The Item List Client Choice System is a method of food distribution at food pantries. Clients are encouraged to select the foods they want, similar to shopping at a grocery store. Client choice acknowledges that no two families or individuals have the same needs or preferences.

Select the foods you like and these items are bagged by the staff/volunteer.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

City, State \_\_\_\_\_

Number in household \_\_\_\_\_

Email: \_\_\_\_\_

## Canned Goods

### Fruits

- Mixed
- Peaches

### Vegetables

- Corn
- Carrots
- Peas
- String Beans
- Cut Beans
- Sweet Potato
- White Potatoes
- Sauerkraut

### Proteins

- Tuna Fish
- Spam
- Chicken
- Hash
- Beef Stews

### Sauces

- Marinara
- Pesto
- Alfredo
- Gravy

### Soups

- Chicken Noodle
- Chicken & Rice
- Ramen Noodles
- Cream of Mushroom
- Tomato
- Minestrone
- Italian Wedding
- Whole Tomatoes
- Tomato Paste
- Stewed Tomatoes

### Beans

- Pork & Beans
- Garbanzo Beans
- Red Beans
- White Beans
- Kidney Beans
- Chicken Broth
- Vegetable Broth
- Manwich/Sloppy Joe
- Ravioli

## Grains: Bread, Cereal, Rice, and Pasta

### Pasta

- Spaghetti
- Bow Ties
- Elbows
- Penne/Ziti
- Rotini
- Noodles

### Breakfast Foods

- Cheerios
- Honey Nut Cheerios
- Corn Flakes
- Oatmeal
- Pancake Mix
- Syrup

### Prepared Foods

- Macaroni & Cheese
- Hamburger Helper
- Tuna Helper
- Stuffing
- Potatoes
- Rice

## Desserts/Snacks

- Muffin Mix
- Chocolate Cake Mix
- Yellow Cake Mix
- Cookie Mix
- Nuts
- Jello
- Pudding

## Condiments

- Mayonnaise
- Ketchup
- Mustard
- French Dressing
- Italian Dressing
- Ranch Dressing

## Beverages

- Coffee
- Tea
- Cranberry
- Grape
- Apple
- Cranberry Blend
- Grape Blend

## Miscellaneous Items

- Flour
- Vegetable Oil
- Sugar
- Vinegar
- Peanut Butter
- Jelly
- Baby Formula

## Toiletries

- Bar Soap
- Toothpaste
- Shampoo/Conditioner
- Toilet Paper
- Diapers Size \_\_\_\_\_

*Food distribution is the 1st and 3rd Thursday of the month. You must call the Parish Office at 570-832-4275 the week of distribution so we can have your bags ready. Calls will not be accepted on Thursday, the day of distribution.*