

BETHEL AREA FOOD SHELF SHOPPING LIST

All items are subject to availability

Delivery? Yes/No

Call **802-234-5513** to order for delivery

Name:

in Household:

Leave a message with a call back number

Phone:

Address:

Fresh Produce

- ☐ Fruit, when available
- ☐ Lettuce, Spinach, etc.
- ☐ Onions
- ☐ Potatoes
- ☐ Other as available

Frozen Fruit

- ☐ Blueberries
- ☐ Strawberries

Frozen Vegetables

- ☐ Broccoli
- ☐ Carrots
- ☐ Corn
- ☐ Green beans
- ☐ Peas
- ☐ Mixed veg.

Dairy

- ☐ Milk
- ☐ Butter
- ☐ Cheese
- ☐ Eggs
- ☐ Yogurt

Frozen Meat

- ☐ Beef
- ☐ Chicken
- ☐ Fish
- ☐ Pork
- ☐ Prepared meals

Bread

- ☐ White
- ☐ Wheat
- ☐ Rolls

Cereal

- ☐ Raisin Bran
- ☐ Toasted Oats
- ☐ Oatmeal

Beans

- ☐ Black, canned
- ☐ Dried beans

Canned Soup

- ☐ Chicken
- ☐ Tomato
- ☐ Vegetable

Canned Meals

- ☐ Chicken/turkey chili
- ☐ Ravioli

Canned Meat

- ☐ Chicken
- ☐ Tuna

Pasta & Sauce

- ☐ Macaroni
- ☐ Spaghetti
- ☐ Meat sauce
- ☐ Tomatoes, diced
- ☐ Tomato sauce

Pantry & Dry Goods

- ☐ Cooking oil
- ☐ Flour
- ☐ Milk, powdered
- ☐ Rice

Snacks

- ☐ Applesauce
- ☐ Crackers
- ☐ Peanut butter
- ☐ Raisins

Drinks

- ☐ Coffee
- ☐ Tea, black
- ☐ Tea, green
- ☐ Protein shakes

Pet Food (when available)

- ☐ Cat: __ cans, __ dry
- ☐ Dog: __ cans, __ dry

Household & Personal Hygiene

- ☐ Bar soap
- ☐ Diapers
- ☐ Dish soap
- ☐ Laundry detergent sheets
- ☐ Paper towels
- ☐ Sanitary pads
- ☐ Tampons
- ☐ Toilet paper
- ☐ Shampoo
- ☐ Toothbrush
- ☐ Toothpaste