

# North Light Canned Good Menu

Submission Deadline: October 28<sup>th</sup> No Exceptions!

Boxed on Thursdays **pick up deadline:** 1 Pantry day after initial pick up Friday

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Date: \_\_\_\_\_

*Admin Only: Pick up date:* \_\_\_\_\_

The following is a list of categories with corresponding items that are available under each category. Each category has a maximum quantity limit. The total number of items you can choose CANNOT exceed the total allowed under each category.

**Example:** You could choose 2 Boxes of Cereal, 2 Oatmeal and 0 Pancake mix for a total of 4 items under the Breakfast Category because the maximum allowed is 4 or less.

Please write the amount you want next to each item. Please do NOT write in what is not listed.

## Category: Breakfast (4 or less Total):

- \_\_\_ Oatmeal
- \_\_\_ Pancake mix

## Category: Other Items (10 or less Total):

- \_\_\_ Soup (limited)
- \_\_\_ Chef- Boyardee
- \_\_\_ Broth \*Circle which type  
(Chicken, Vegetable, Beef)
- \_\_\_ Tuna Fish
- \_\_\_ Apple Sauce
- \_\_\_ Mixed Fruit/Fruit Cocktail
- \_\_\_ Pineapple Chunks
- \_\_\_ Peaches
- \_\_\_ Chicken Breast in a Can
- \_\_\_ Beef Stew (limited)

## Category: Sides (6 or less Total):

- \_\_\_ Rice Sides
- \_\_\_ Rice \*Circle which type (White or Brown)
- \_\_\_ Macaroni and Cheese

## Category: Beans (10 or less Total):

- \_\_\_ Black Beans
- \_\_\_ Cannellini Beans
- \_\_\_ Garbanzo Beans

## Category: Vegetables (10 or less Total):

- \_\_\_ Yams (limited)
- \_\_\_ White Potatoes
- \_\_\_ Mixed Vegetables
- \_\_\_ Mixed Greens
- \_\_\_ Corn \*Circle which type (Cream or regular)
- \_\_\_ Carrots

## Category: Pasta (8 or less) & Tomato Sauce (3 or less depending on how many pastas):

- \_\_\_ Angel Hair
- \_\_\_ Spaghetti \*Circle which type  
(Whole grain or regular)
- \_\_\_ Elbow Macaroni
- \_\_\_ Ziti

## Category: Condiments (Maximum 1 of each):

- \_\_\_ Peanut Butter - Creamy
- \_\_\_ Ketchup (limited)
- \_\_\_ Mustard \*Circle which type (Spicy or regular)
- \_\_\_ Relish
- \_\_\_ Mayonnaise (limited)
- \_\_\_ Barbecue Sauce
- \_\_\_ Salad Dressing \*Circle which type (Ranch or Caesar- limited)

## SPECIALTY ITEMS

These Items are NOT guaranteed however if you need a specific item please indicate below. Please write legibly and in print. *For the baby items, the child must be in the system.*

**Household supplies:** The amount of these supplies will be determined by Shontell

- Laundry Detergent
- Dish Soap
- Body Soap/Body Wash
- Toilet Paper
- Dental Hygiene (toothpaste)

**Cleaning Supplies:** Please indicate what you specifically need. If you need floor cleaners, please circle type of flooring (Wood, Tile, or Carpet), if you **DO NOT** need floor cleaners **DO NOT** circle what type of floor.

**Baby Items:** Please contact Shontell directly via phone or email. Indicate gender, size and any sensitivities.

- Diapers
- Wipes
- Baby furniture (car seats, strollers, highchair)
- Children's medicine (Specify what medicine)
- Children's body wash/ lotion
- Baby formula (indicate which type)
- Children's dental hygiene

**Other Items:** Indicate what is needed if not listed above (non-food items).

**Big Ticket Items:** Select up to 5 items total, but you will only be able to win one. If you are unsure of the item **DO NOT** sign up for it or contact Shontell.

1. 11 x 14 inch metal frame dry erase board
2. 7.5 x 18 inch metal frame dry erase board- has days of the week
3. Soda Stream Fizzi
4. 6 foot HDMI cable cord
5. Digital am/fm armband radio
6. Universal Laptop Charger
7. 4 foot HDMI Cable cord
8. West & Arrow Mood Lamp
9. West & Arrow Mini LED Light Box
10. West & Arrow Mini Neon Light (rainbow)
11. West & Arrow Mini Neon Light (flame)
12. West & Arrow Motion Light Strip
13. Ever Spring Liquid less Reed Diffuser
14. Vista True Wireless Headphones
15. Glass bowls (4 set)
16. Black Desk Lamp

For questions or special requests, please contact Shontell at [smoman@northlightcommunitycenter.org](mailto:smoman@northlightcommunitycenter.org) or (215) 483-4800 ext. 103. A response will be provided within 1-2 business days.

**Thank you!**