

Ride United Delivery Grocery List

Name \_\_\_\_\_ Yellow Cary Number \_\_\_\_\_

Address \_\_\_\_\_ Phone Number \_\_\_\_\_

**USING YOUR COMPUTER, UNDERLINE THE ITEM IN EACH LINE THAT YOU WANT.**

**Paper Products-** Toilet paper, paper towel or Kleenex

**Cleaning Products-** Laundry detergent or dish soap

**Meats-** Chicken, Pork, Beef, Ground turkey

**Beans-** Dried, Pinto, black, Canned- pork and beans, baked, refried, kidney, black, pinto, cannellini, chick peas, chili

**Tomato products-** sauce, paste, diced, spaghetti sauce

**Condiments-** (limit one) ketchup, vegetable oil, mustard, mayo

**Pasta products-** spaghetti, boxed pasta shapes, elbow, noodles

**Vegetables-** corn, green beans, carrots, mixed, potatoes

**Fruits-** Applesauce, pineapple, fruit cocktail, pears, oranges, peaches

**Pancake mix or syrup**

**Peanut butter and jelly-** grape or strawberry

**Personal products-** Bar soap and (2 of the following), shampoo, conditioner, toothpaste, deodorant

**Mac and cheese-**

**Rice-** white or brown, flavored- chicken or beef

**Canned meats-**tuna, salmon, chicken

**Canned dishes-** Pasta, chili, hash, sloppy joe, beef stew

**Soups-** Chicken noodle, vegetable, tomato, creamed- mushroom, chicken, celery

Ramen- beef or chicken

**Cereal-** cold and hot (oats, farina or grits)

**Dairy-** milk, eggs, margarine

**We will include a bag of fresh produce and bread for you.**