

Circle Choices

Fruits - Choose 3-6

Canned

Fruit Cocktail
Pears
Peaches

Apple Sauce Cups
Mixed Fruit Cups
Diced Peaches Cups
Diced Pear Cups

Juice

Apple
Orange Tangerine / Apple
(boxes)

Vegetables - Choose 3-6

Green Beans
Peas
Carrots
Corn
Beets
Mixed Vegetables

Spaghetti Sauce
Diced Tomatoes

Notes: (allergies, items you would prefer not to have, items you do not need)

As of October 2022

Protein/Dairy - Choose 3

Canned Tuna
Canned Chicken
Peanut Butter
Shelf Stable Milk

Black Beans
Baked Beans
Pinto Beans
Garbanzo Beans
Vegetarian Beans
Other Beans: _____

Chicken Noodle Soup

Grains - Choose 3-4

Granola Bars
Quick Oats
Instant Oatmeal

Cereals:
Raisin Bran
Bran Flakes
Other: _____

Brown Rice
White Rice

Mac & Cheese
Egg Noodles

Pasta: _____

Substitutions may be made if chosen item is not available

Snacks - Choose 2

Coffee
Tea

Grape Jelly
Strawberry Jelly

Yogurt (Strawberry, Vanilla)

Household - Choose 2

Laundry Detergent
Dish Soap

Household cleaner

Paper Towels
Toilet Paper

Meal Makers - Choose 2

Ketchup
Mustard
Mayo
Vegetable Oil *if available
Olive Oil
Sugar (Granulated)*if available
Salt & pepper

Salad Dressing:
Type: _____

Evaporated Milk

Broth Chicken / Beef *circle one

Personal Hygiene - Choose 2

Shampoo
Conditioner
Shaving Cream / Razors
Bar Soap
Body Wash
Women's / Men's Deodorant

Toothbrushes # _____
Toothpaste

Tampons
Pads (period / incontinence)

Fresh Food

Eggs

Bread

***TO REQUEST DELIVERY:
PHONE, EMAIL, OR MAIL by Friday
afternoon (for Monday delivery)***

781-479-3080

anchorfooddelivery@gmail.com

please note new email address

86 Burrill Street Swampscott MA 01907

Name: _____

Address: _____

Date of Delivery: _____