

# NC MFP Pantry Stocking List

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

## ❖ FOOD ITEMS ❖

## Vegetables

- ☐ Asparagus
- ☐ Avocado
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumbers
- ☐ Lettuce
- ☐ Romaine
- ☐ Mushrooms
- ☐ Onions
- ☐ Peppers
- ☐ Potatoes
- ☐ Spinach
- ☐ Squash
- ☐ Zucchini

## Fruits

- ☐ Apples
- ☐ Avocados
- ☐ Bananas/Plantain
- ☐ Berries
- ☐ Cherries
- ☐ Grapefruit
- ☐ Grapes-green/red
- ☐ Kiwis
- ☐ Lemons//Limes
- ☐ Watermelon
- ☐ Nectarines
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums
- ☐ Cantaloupe
- ☐ Mangos
- ☐ Pineapple/Papaya

## Frozen

- ☐ Fries
- ☐ Ice cream
- ☐ Burritos
- ☐ Pizza
- ☐ Fish Sticks
- ☐ Tatar Tots
- ☐ Tv Dinners
- ☐ Waffles
- ☐ Sausage links
- ☐ Pancakes
- ☐ Empanadas

## Condiments

- ☐ BBQ sauce
- ☐ Gravy
- ☐ Honey
- ☐ Hot sauce
- ☐ Jam OR Jelly
- ☐ Ketchup
- ☐ Mustard
- ☐ Mayonnaise
- ☐ Pasta sauce
- ☐ Alfredo Sauce
- ☐ Relish
- ☐ Salad dressing
- ☐ Steak sauce
- ☐ Syrup
- ☐ Worcestershire sauce
- ☐ Soy Sauce
- ☐ Salsa

## Var. groceries

- ☐ Cereal
- ☐ Olives
- ☐ Instant Potatoes
- ☐ Vinegar
- ☐ Cooking Wine
- ☐ Mac & cheese
- ☐ Oil
- ☐ Pancake Mix
- ☐ Pasta noodles
- ☐ Peanut butter
- ☐ Rice
- ☐ Broth
- ☐ Applesauce
- ☐ Lime Juice
- ☐ Tuna
- ☐ Beans
- ☐ Soup
- ☐ Chili

## Spices & herbs

- ☐ Basil
- ☐ Black pepper
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Garlic Powder
- ☐ Onion powder
- ☐ Oregano
- ☐ Paprika
- ☐ Salt
- ☐ Vanilla extract
- ☐ Adobo
- ☐ Ginger

## Dairy

- ☐ Butter/ Margarine
- ☐ Eggs
- ☐ Cottage cheese
- ☐ Half & half
- ☐ Milk
- ☐ Evaporated Milk
- ☐ Coconut Milk
- ☐ Sour cream
- ☐ Whipped cream
- ☐ Yogurt
- ☐ Cream Cheese

## Cheese

***SLICE OR  
SHREDED***

- ☐ Cheddar
- ☐ Feta
- ☐ Goat cheese
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Provolone
- ☐ Ricotta
- ☐ Bleu cheese
- ☐ Swiss

## Meat

- ☐ Bacon
- ☐ Sausage
- ☐ Vienna sausages
- ☐ Chorizo
- ☐ Ground Beef
- ☐ Chicken
- ☐ Beef/Steak
- ☐ Pork Chops
- ☐ Hot dogs
- ☐ Lunchmeat
- ☐ Ham
- ☐

## Beverages

- ☐ Juice
- ☐ Water
- ☐ Soda
- ☐ Sports Drink
- ☐ Coffee
- ☐ Tea-hot or cold

## Seafood

- ☐ Tilapia
- ☐ Mussels
- ☐ Salmon
- ☐ Shrimp
- ☐ Other

### Baked goods

- ☐ Bagels
- ☐ Pie
- ☐ English Muffin
- ☐ Pita bread
- ☐ Sliced Bread
- ☐ Buns / rolls
- ☐ Hard/soft tacos
- ☐ Tortillas

## Baking

- ☐ Baking powder/soda
- ☐ Bread crumbs
- ☐ Cake/Brownie mix
- ☐ Cake icing
- ☐ Flour
- ☐ Shortening
- ☐ Sugar
- ☐ Sugar substitute
- ☐ Yeast

## Snacks

- ☐ Cookies
- ☐ Chip dip
- ☐ Crackers
- ☐ Granola bars
- ☐ Pretzels
- ☐ Oatmeal
- ☐ Potato chips
- ☐ Nuts / Seeds

### Notes / Other

- [illegible]

## HOUSEHOLD ITEMS

## Kitchen

- ☐ Aluminum foil
- ☐ Napkins
- ☐ Paper Towels
- ☐ Non-stick spray
- ☐ Plastic wrap
- ☐ Sandwich bags

## Office supplies

- ☐ Pens
- ☐ Pencils
- ☐ Glue
- ☐ Tape
- ☐ Notepad
- ☐ Envelopes

## Cleaning supplies

- ☐ Air freshener
- ☐ Bathroom cleaner
- ☐ Bleach
- ☐ Detergent
- ☐ Dish / Washer soap
- ☐ Garbage bags
- ☐ Clorox/Lysol Wipes
- ☐ Sponges
- ☐ Glass Cleaner
- ☐ Broom and dustpan
- ☐ Mop and bucket OR Push mop
- ☐ Toilet paper

## Extra

- ☐ Batteries
- ☐ Light Bulbs
- ☐ Extension Cord
- ☐ Band Aids
- ☐ Flashlight

***Please return this form to your:***

Transition Coordinator/ Care Manager

**Or**

Member Advocate

# Pantry Stocking List

Additional Choices:	Additional Choices:
<input type="checkbox"/> Quaker Avena <input type="checkbox"/> Queso de Freir <input type="checkbox"/> Galletas por soda <input type="checkbox"/> Café Bustelo <input type="checkbox"/> Yucca <input type="checkbox"/> Yautia <input type="checkbox"/> Bacalao <input type="checkbox"/> Calabaza <input type="checkbox"/> Malanga <input type="checkbox"/> Chayote <input type="checkbox"/> Chicken Gizzards <input type="checkbox"/> Pig's Feet <input type="checkbox"/> Pico Rice <input type="checkbox"/> Pigeon Peas <input type="checkbox"/> Sofrito <input type="checkbox"/> Sazon <input type="checkbox"/> Mojo Criollo <input type="checkbox"/> Bouillon: chicken/beef/ham <input type="checkbox"/> Recao Leaf	<input type="checkbox"/> Ghee <input type="checkbox"/> Paneer <input type="checkbox"/> Fansi <input type="checkbox"/> Desi Okra <input type="checkbox"/> Methi <input type="checkbox"/> Dhana <input type="checkbox"/> Mustard Seed <input type="checkbox"/> Madris Curry <input type="checkbox"/> Coriander <input type="checkbox"/> Sesame Seeds <input type="checkbox"/> Mamra <input type="checkbox"/> Dhanadal <input type="checkbox"/> Moong Whole <input type="checkbox"/> Moong Dal <input type="checkbox"/> Tandoori <input type="checkbox"/> Agro Corn <input type="checkbox"/> Chandan Agar <input type="checkbox"/> Poha Thick <input type="checkbox"/> Rajara Flour <input type="checkbox"/> Noga Dahi Whole <input type="checkbox"/> Kolhapuri <input type="checkbox"/> Poha Thin

**IMPORTANT:** Pantry Stocking is **NOT** a recurring expense. ALCOHOL AND CIGARRETTES ARE **NOT** COVERED. Your transition coordinator or care manager is required to provide you with information where these items can be purchased in your new community.