

## Check Choices

### Fruits - Choose 5

#### Canned

- Mixed Fruit
- Pears
- Peaches
- Apple Sauce

#### Juice

- Apple (jug or boxes)
- Orange Juice Boxes

### Vegetables - Choose 5

- Green Beans
- Peas
- Carrots
- Corn
- Mixed Vegetables
  
- Spaghetti/Tomato Sauce
- Diced Tomatoes

### Protein/Dairy - Choose 3

- Shelf Stable Milk
  
- Canned Tuna
- Canned Chicken
  
- Peanut Butter
  
- Black Beans
- Baked Beans
- Pinto Beans
- Garbanzo Beans
- Vegetarian Beans
- Other Beans: \_\_\_\_\_
  
- Chicken Noodle Soup

### Grains - Choose 3

- Granola Bars
- Quick Oats
- Instant Oatmeal

#### Cereals:

- Raisin Bran
- Bran Flakes
- Other: \_\_\_\_\_

- Brown Rice
- White Rice

- Mac & Cheese
- Egg Noodles
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- Pasta: \_\_\_\_\_

### Snacks - Choose 2

- Coffee
- Tea
  
- Crackers
  
- Grape Jelly
- Strawberry Jelly
  
- Yogurt (Strawberry, Vanilla)
  
- Cookies (if available)
- Chips (if available)

### Meal Makers - Choose 2

- Vegetable Oil \*if available
- Olive Oil \*if available
- Sugar (Granulated)
- Salt & pepper
- Broth Chicken / Beef \*circle one

**Household - Choose 2**

- Laundry Detergent
- Dish Soap
  
- Household cleaner
  
- Paper Towels
- Toilet Paper

**Personal Hygiene - Choose 2**

- Shampoo
- Razors
- Bar Soap
- Toothpaste
- Deodorant Women's / Men's
- 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](mailto:anchorfooddelivery@gmail.com)**

**86 Burrill Street Swampscott MA 01907**

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

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

Address: \_\_\_\_\_

**Date of Delivery:** \_\_\_\_\_

I hereby declare my eligibility for & receipt of USDA foods.

\_\_\_\_\_  
(Signature)

Please use the following figures when determining if recipients are eligible to receive USDA commodity foods under The Emergency Food Assistance Program / TEFAP

# of Household Members	Annual Income	Monthly Income	Weekly Income
1	37,650	\$ 3,138	\$724
2	\$ 51,100	\$ 4,258	\$983
3	\$ 64,550	\$ 5,379	\$1,241
4	\$ 78,000	\$ 6,500	\$1,500
5	\$ 91,450	\$ 7,621	\$1,759
6	\$ 104,900	\$ 8,392	\$ 8,742
7	\$118,350	\$ 9,863	\$2,276
8	\$ 131,800	\$ 10,983	\$2,535
For each Additional household member, add:	\$13,450	\$1,121	\$259

Please visit [anchorfoodpantry.org](http://anchorfoodpantry.org) for additional USDA information including Justice For All poster

\*Substitutions may be made if chosen item is not available\*