









DAILY CHECKLIST






Collect the corresponding food item for each day of the calendar and drop your complete collection off at our Transformation Center (5317 W Chicago Ave) after January 3rd, 2022. Coordinate with Jessica Britt at volunteer@newmoms.org.

Thank you for supporting New Moms' food pantry!

Breakfast:

- ☐ ¹  Vanilla Almond Milk
- ☐ ²  Pop Tarts (esp. fruit flavors)
- ☐ ³  Cereal
- ☐ ⁴  Nut Butter (Peanut, Almond, etc)
- ☐ ⁵  Pancake Mix
- ☐ ⁶  Canned Fruit (Peaches, Pears, etc)
- ☐ ⁷  Granola Bars
- ☐ ⁸  Original Almond Milk

Lunch/Dinner:

- ☐ ⁹  Instant Mashed Potatoes
- ☐ ¹⁰  Canned Pasta (Chef Boyardee, etc)
- ☐ ¹¹  Microwave Meals (Compleats, etc)
- ☐ ¹²  Soup (no vegetable soup)
- ☐ ¹³  Chili (Canned/Boxed)
- ☐ ¹⁴  Beans (Canned, Dry)
- ☐ ¹⁵  Rice (Instant, White, ect.)
- ☐ ¹⁶  Mac and Cheese

Snacks/Condiments:

- ☐ ¹⁷  Cake Frosting
- ☐ ¹⁸  Cheese & Cracker Packs
- ☐ ¹⁹  Baking Mixes (Cake, Brownies, Muffins, etc.)
- ☐ ²⁰  Cooking Oil (Olive, Vegetable)
- ☐ ²¹  Hot Sauce
- ☐ ²²  Kool Aid Drink Mix
- ☐ ²³  Crackers
- ☐ ²⁴  Canned Vegetables (Peas, tomatoes, etc)