



RAIDER CENTRAL BASIC NEEDS

Full name, student ID, and date are required to receive items. We must be able to read your information.

First & Last Name :

Student ID #:

Date:

Check	Canned Items	Limit
	Corn	2/week
	Pinto Beans	2/week
	Chicken Breast (Chunk)	2/week
	Tuna (In Water)	2/week
	Spam (Incl. Pork)	2/week
	Vienna Sausages (Incl. Pork)	2/week
Check	Pouch Item	Limit
	Lunchables (Cracker Stackers)	1/week
	Madras Lentils	2/week
	Seaweed Snack	2/week
	Apple Sauce	2/week
	Beef Jerky	2/week
	Quaker Oatmeal	2/week
	Uncrustables (PB&J Sandwich)	2/week
	Cereal Cup	2/week
	GoGurt (Yogurt in a Pouch)	2/week
Check	Frozen Items	Limit
	CIRCLE ONE Hot Pockets (Pepperoni, incl. Pork) or Chimichanga (Steak & Cheese)	3/week
	Breakfast Sandwhich	2/week
Check	Monthly Items	Limit
	Peanut Butter	2/month
	Strawberry Jelly	1/month
	Hellmann's Mayo	1/month
	Marinara Sauce	1/month
	Flour Tortillas (20 pack)	1/month
	Cooking Spray (Canola Oil)	1/month
	Pancake Mix	1/month
	Pancake Syrup	1/month
	Sweet Baby Ray's BBQ Sauce	1/month
	Lawry's Seasoning Salt (16 oz)	1/month

Check	Hygiene Items	Limit
	Body Wash	1/month
	Shampoo	1/month
	Conditioner	1/month
	Loofa	1/month
	Toothpaste	1/month
	Toothbrush	1/month
	Cotton Swabs	1/month
	Chapstick	1/month
	Lotion	1/month
	Laundry Packs	1/month
	Dish Soap	1/month
	Hand Soap	1/month
	Razors	1/month
	Soap Bar	1/month

Check	Laundry Card	Limit
	Laundry Card (Laundromat located in Simi Valley)	1/month

Check	Noodles/Grains	Limit
	CIRCLE ONE Shin Ramyun (Spicy) or Cup o' Noodles (Chicken)	3/week
	Kraft Mac & Cheese (Box)	2/week
	Uncooked Spaghetti	2/week
	Kraft Mac & Cheese (Cup)	3/week
	White Rice Bowl	2/week

Check	Liquids	Limit
	Almond Milk	1/week
	Horizon Milk	2/week
	Caprisun (Juice Pouch)	2/week

Check	Protein Items	Limit
	Ground Beef	1/week
	Turkey Breast Slices	1/week
	Organic Tofu (Extra Firm)	1/week

Check	Snacks	Limit
	Hummus & Pretzels	1/week
	Fruit cup (Peaches)	2/week
	Bag of Nuts	2/week
	Trail mix w/ M&M's	2/week
	Nutella w/Breadsticks	2/week
	Soft & Chewy Granola Bar	2/week
	Protein Bar	2/week
	String Cheese	3/week
	CIRCLE ONE Fresh Fruit: Apple or Mandarins	3/week

Special Tuesday Items (Specify desired items)

Check	Razors/Deodorant	Limit
	CIRCLE ONE (Preferred) Women's Deodorant or Men's Deodorant	1/month

Check	Menstrual Products	Limit
	Tampons	6/daily
	Pads	6/daily

Number of children in need of diapers	Size

****Pick up to 3 FOOD items & 3 HYGIENE items per day***
****Only one of each item can be chosen (No duplicates)***
****One visit per day***