



# RAIDER CENTRAL BASIC NEEDS

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
	<b>*CIRCLE ONE*</b> Hot Pockets (Pepperoni, incl. Pork) or Chimichanga (Steak & Cheese)	3/week
	Breakfast Sandwich	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	Noodles/Grains	Limit
	<b>*CIRCLE ONE*</b> 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	Meat Items	Limit
	Ground Beef	1/week
	Turkey Breast Slices	1/week

Check	Snacks	Limit
	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
	<b>*CIRCLE ONE*</b> Fresh Fruit: Apple or Mandarins	3/week

Special Tuesday Items (Specify desired items)

**\*Pick up to 3 FOOD items & 3 HYGIENE items per day!**

**\*No duplicate items on the same day.**

**\*One visit per day**

**Hygiene Items on the back of the form!**





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First & Last Name : \_\_\_\_\_

Student ID #: \_\_\_\_\_ Date: \_\_\_\_\_

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	Razors/Deodorant	Limit
	<b>*CIRCLE ONE* (Preferred)</b> Women's Deodorant <b>or</b> Men's Deodorant	1/month

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

Number of children in need of diapers	Size

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

**Limit: One of each HYGIENE item per month, with a total pick-up allowance of 3 items per day.  
We will not accept "All" written on the form.**

Revised: 2/9/2026