



**Directions:** Below is a practice order form that the Lowcountry Food Bank has used in the past. Fill it in like you would to create an order, while also doing your best to create a balanced pantry that reflects a MyPlate. You will submit after completion.

## Online Inventory Practice NON-PERISHABLES

CHS AGENCIES: PLEASE ALLOW US 3 BUSINESS DAYS TO PROCESS YOUR ORDER.

YEM AGENCIES: PLEASE ALLOW US 4 BUSINESS DAYS TO PROCESS YOUR ORDER.

**Be on the lookout for the F2E designation on the shopping list.** F2E stands for "Foods to Encourage." F2E foods meet specific dietary requirements that nourish our neighbors, prevent poor health, and help guests manage chronic disease. Items that are not categorized as F2E are just as important for neighbors to select. These items just need to be accompanied with some extra education on how to limit sodium, sugar, and saturated fat.

**For more information, click [HERE](#)**

Agency Code:
Contact Person:
Contact person Email:
Requested Time & Date:

Quantity	Code	Description	F2E	Pack Size	Gross Weight	Unit Fees
	01048	Bottled Water (limit 1P = 85)		12 / 29oz	22	\$0.66
	06826	Whole Wheat Flour		8 / 5 lb bags	40	\$4.00
	11100	Ramen Noodles		12\2.5oz Pkgs.	2	\$0.36
	11641	Diced Tomatoes (limit 4)		12 / 15oz	13	\$2.34
	12140	Fruit Cocktail (limit 4)		12 / 15 oz cans	13	\$2.34
	38064	Angela Mia Crushed Tomatoes		6/6lb/6Oz Cans	43	\$7.74

	50001	Dry Meals / Entree (limit 4)		Bulk Variety	35	\$6.30
	51254	Black Beans (limit 4)		12 / 15oz	13	\$2.34
	53616	Asst Water (limit 4)		Bulk Variety	42	\$0.00
	55618	Asst Drinks (limit 4)		Bulk Variety	37	\$0.00
	56623	Asst Snacks (limit 4)		Bulk Variety	20	\$1.80
	57620	Asst Dry Goods (limit 4)		Bulk Variety	25	\$4.50
	60000	Asst Canned Veggies (limit 4)		Bulk Variety	35	\$6.30
	60001	Canned Vegetable (limit 4)		Bulk Variety	35	\$6.30
	63000	Meals / Entree / Soup (limit 4)		Bulk Variety	35	\$6.30
	71576	High Protein Shake		18/325ml	11	\$1.98
	90000	Asst Canned Veggies (limit 4)	F2E	Bulk Variety	35	\$6.30
	VAP00018	Brown Rice	F2E	12/2 lb	24.	9.60
	VAP00034	VAP Peanut Butter		12/18 Oz	14	\$15.82
	VAP00060	Diced Tomatoes	F2E	24 / 15oz can	24	\$11.76
	VAP02309	VAP Milk 1% Shelf Stable		12/32 Oz	24	\$16.56
	VAP11684	Unsweetened Applesauce	F2E	24 / 15 oz	24	\$16.32
	VAP11759	WW Spaghetti		20/1 lb	20	\$11.40
	VAP11917	Mixed Fruit	F2E	24 / 15 oz	24	\$18.00

	VAP14791	Dried Black Beans	F2E	24 / 1lb	24	\$20.16
	VAP20007	VAP Macaroni & Cheese		24/7.25 Oz	11	\$9.79
	VAP25502	VAP Green Beans	F2E	24/15 Oz	24	\$11.76
	VAP40001	Spaghetti Sauce low sodium	F2E	24/15 oz	24	\$12.96
	VAP41031	Beef Ravioli		12 / 15oz	12	\$6.96
	VAP90010	Red Beans & Rice		12 / 15 oz	12	\$11.28
	VAP95795	Black Beans	F2E	12 / 15oz	12	\$5.88
	VAP99999	Freezer Blanket				\$55.00

**REMINDER:**

It is a requirement that EVERY vehicle that is transporting refrigerated and/or frozen foods must have a freezer blanket (or cooler with ice packs).

Food being transported on open bed trucks, trailers, or any vehicle that would cause the food to be exposed must be covered with a tarp.

**RESTOCKING POLICY:**

If you cannot make it to your appointment, it is your responsibility to notify the Agency Floor who will then work with you to reschedule your appointment. You can reach the Agency Floor by emailing [charlestonfoodcenter@lcfbank.org](mailto:charlestonfoodcenter@lcfbank.org) or calling (843) 747-8146 ext. 118.

If you miss your appointment without notifying the Agency Floor, the items on your order will be returned to stock and the agency will be charged a \$0.03 per pound restocking

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