

## Frequently Requested/Donated Items

Below is a list of dorm-ready food items that are especially helpful for our university pantry.

These items move quickly because they require minimal preparation and fit the needs of students living in residence halls.

### **Food Items**

#### **Shelf Stable Snacks and grab-and-go items**

- Popcorn (microwavable or ready-to-eat bags)
- Crackers (Ritz/ Saltines)
- Mozzarella String Cheese
- Pita chips (Single Serve)
- Pretzels (Single serve)
- Veggie chips (Veggie Straws)
- Granola bars and protein bars
- Applesauce cups or pouches
- Fruit cups (peaches, mandarins, pineapples)
- Trail mix and nut mixes
- Dried fruit bags (Single Serve)
- Fruit Snacks

#### **Microwavable meals and sides**

- Shelf-stable microwavable pasta bowls
- Microwavable rice bowls/cups
- Microwavable quinoa or grain bowls
- Microwavable mac and cheese cups
- Microwavable soup cups (ramen cups, noodle bowls, broth-based soups)
- Hormeal Compleats (meals)
- Chef Boyardee cups
- Banquet Single Serving Meals



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### **Protein and easy to heat items**

- Tuna Packets or Chicken Packets or pop top cans
- Ready to eat protein boxes (crackers, cheese, nuts, dried fruit)
- Shelf-stable hummus cups with pretzels
- Microwavable lentil or bean pouches
- Ready to eat shelf stable tofu or plant-based protein packs
- Greek yogurt cups (individually packaged)
- Beef Jerky sticks

### **Breakfast-friendly items**

- Cereal cups
- Shelf-stable milk boxes (individual servings)
- Granola Bars (Nature Valley, Nutri-Grain)
- Pop Tarts
- Frozen Breakfast Sandwiches (Jimmy Dean, and etc)
- Frozen Breakfast Bowls
- Protein Shakes (Ensure, Chobani)
- Breakfast biscuits (BelVita style)
- Instant Oatmeal cups
- Instant Grits Packets

### **Spreads and staples**

- Tea bags (Green Tea, Chamomile, Ginger, etc)
- Instant drink mixes (vitamin or electrolyte packets)
- Nutella or hazelnut spread (store brand versions)
- Half loaves of bread
- Tortillas



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### **Healthy convenience foods**

- Ready to eat salad kits (single serve) and shelf stable toppings
- Microwavable individually bagged vegetables
- Pouches of pre-cooked vegetables or beans
- Low-sodium ramen alternatives
- Frozen Skillet Meals (For students with kitchen access)

### **Special dietary-friendly options (very helpful for students)**

- Gluten free bowls and snacks
- Vegan or plant-based microwavable meals
- Lactose-free or non-dairy milk boxes

### **Fresh Fruit and Vegetables (optional)**

- Mandarins (Cuties, Halos)
- Apple Slices w/ Caramel
- Apples (Bag)
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## **Personal Care Products/Resources**

### **Hygiene Products**

- Feminine Sanitary Products (pads, tampons, liners)
- Bars of Soap (Individually Packaged)
- Body Wash (Bottles)
- Deodorant
- Toothbrushes
- Toothpaste
- Mini Lotions or Ointments (ex. Vaseline or Jergens)
- Floss Picks
- Mouthwash



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### **Dorm/Home Products**

- Toilet Paper
- Paper Towels
- Paper Plates
- Plastic Silverware

\* Special as-needed donations: Bath towels, washcloths, and socks

**For hygiene purposes, all items must be newly purchased and never used.\***

### **Cleaning Products**

- Laundry Detergent (Single bottles)
- Laundry Pods
- Disinfectant spray
- Toilet cleaner
- Disinfectant wipes (Individually Packaged)



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