

NVU-LYNDON STUDENT FOOD PANTRY NEEDS

Please note all items must be new and in original packaging. Items must be in-date and unexpired.

We cannot accept clothing items at this time except for new, unopened packages of adult socks.

PROTEIN:

- Cans of Tuna
- Cans of Chicken
- Canned Stew
- Canned Chili
- Hash
- Pork and Beans
- Soups
- Spaghetti Sauce
- Kidney Beans
- Peanut Butter

CANNED VEGETABLES:

- Beans
- Carrots
- Peas
- Tomatoes
- Corn
- Instant Potatoes

FRUITS:

- Canned Fruits
- Fruit Cups
- Applesauce
- Dried Fruits
- Jelly
- Raisins
- Juice Boxes

STARCHES:

- Rice & Rice Dishes
- Pasta (Gluten-free welcome!)
- Macaroni and Cheese
- Crackers
- Cans of Ravioli/Spaghetti O's/Similar
- Hamburger Helper
- Boxed Meals
- Easy Mac
- Ramen noodles

BREAKFAST:

- Boxes of Cereal
- Instant Oatmeal (individual packets)
- Cereal Bars
- Protein Bars
- Pancake Mix
- Syrup
- Pop Tarts

ON THE GO/SNACKS:

- Salsa/Dip/Similar
- Pringles/Cheese-Its/Similar
- Cookies, Granola Bars
- Microwave Popcorn
- Microwaveable Non-Frozen Meals
- Powdered drink mixes
- Pudding

BASIC NECESSITIES:

- Manual can openers
- Cooking oils/Sprays
- Flour/Sugar (smaller containers preferred)
- Salt/Pepper
- Soap/body wash
- Shampoo & Conditioner
- Toothpaste, Toothbrushes, Floss
- Lotion
- Deodorant
- Menstrual hygiene products (sanitary pads preferred)
- Laundry detergent (pods preferred) & Dryer Sheets
- Bath towels/hand towels/wash cloths
- Twin XL sheet sets & Throw blankets (small)
- Nail clippers, Tweezers, Hair Ties, Similar
- NEW, unopened packages of socks

Donations of shelf-stable goods are preferred with a farther-out expiration date: this allows us to distribute in greater time.

Please, no expired or nearly expired goods!

Goods that are approaching their expiration are offered to the greater campus community or H.O.P.E., a local charitable organization in Lyndonville.