

Campus Cupboard Suggested Donations

(Note: This is just a guide – we will gladly accept any unopened, unexpired, nonperishable food items.)



Boxed Meals/Grains

- “Compleats” or similar ready-to-eat microwave meals
- Shelf-stable protein and rice bowls, often called “Protein Bowls” (i.e. Tasty Bite, Simple Truth, Seeds of Change)
- Pasta Microwave Cup Meals (“Beefaroni”, Spaghetti & Meatballs, etc.)
- Boxed Meal Kits (Vermicelli and Rice Mixes, Hamburger Helper)
- Flavored Pasta Mixes (“Knorr,” “Rice-a-Roni,” etc.)
- Dry Rice Bags or Microwave Rice Packs/Cups
- Instant Potatoes (Mashed Potatoes, Au Gratin Boxes, etc.)
- Dry Pastas (Spaghetti, Elbow, Rotini, etc.)
- Macaroni and Cheese (Boxes or Cups, any flavor)
- Instant Ramen Noodles (Packs or Cups, Assorted Flavors)
- Muffin Mixes & Stuffing

Soups

- “Chunky” ready-to-eat soups (i.e. Steak and Potato, Chicken Dumplings, etc.)
- Chicken Noodle Soup
- Tomato Soup
- Soup Mixes and Condensed Soups
- Canned Ravioli, Spaghetti-Os, Lasagna, etc.
- Stews and Chili

Breakfast, Snacks, etc.

- Peanut Butter
- Jams & Jelly
- Cereal (Any size, boxes or cups)
- Instant Oatmeal (any flavor)
- Cracker Sandwiches (i.e. Cheese, PB, etc.)
- Nuts & Dried Fruit
- Raisins
- Goldfish Crackers, Cheez-Itz, etc.
- Granola Bars (i.e. Chewy Bars, Breakfast Bars, Fruit & Grain, etc.)

Meats

- Grab-N-Go Lunch Kits (i.e. Chicken/Tuna Salad with Crackers and Fruit)
- Shelf-Stable Meats (i.e. Tuna Cans/Flavor Pouches, Chicken, Luncheon Meat or “SPAM”, Vienna Sausages, etc.)

Fruits, Veggies, Beans

- Canned or Cups of Fruit (i.e. Cherry Mixed Fruit, Mandarin Oranges, Peaches, Applesauce, etc.)
- Canned Vegetables (i.e. Mixed Vegetables, Corn, Green Beans, Peas, Mushrooms, Spinach, Yams, etc.)
- Canned Beans (i.e. Black Beans, Kidney, Pinto, Chickpeas, Great Northern, etc.)
- Dry Beans (i.e. Lentils, Split Peas, etc.)

Miscellaneous/M Meal Prep

- Pasta Sauce (i.e. Marinara, Meat Sauce, Alfredo, etc.)
- Condiments (i.e. Mustard, Ketchup, Hot Sauce)
- Spices (Flavor Mixes, Salt, Sugar, etc.)
- Cooking Oils (Vegetable, Olive Oil, etc.)
- Broths and Stocks (i.e. Veggie, Chicken, Beef)
- Baking Goods (i.e. Flour, Baking Soda, Condensed Milk, etc.)
- Bottles of Water
- K-Cups, Tea, Hot Chocolate, etc.