



USM CAMPUS FOOD PANTRY

Providing food security for USM

How do I access the Campus Food Pantry?

Anyone with a Valid USM ID Card is welcome at the Campus Food Pantry!

Portland, Woodbury Campus Center (Room 135)
Gorham, Lower Brooks, UCU Den
LAC students can access food in the Library

Fill out our order form for pre-packed pickup,
see current hours or find out more at: usm.maine.edu/foodpantry

The CFP operates on a self-assessed need basis. There are no eligibility requirements.

What will I find in the Campus Food Pantry?



- Pasta, Noodles, Rice, and Sauces
- Canned Vegetables, Soups, Canned Meats
- Ready to Eat Items and Snacks
- Ready to Make Meals
- Peanut Butter and other Multi-Use items
- Condiments, Pickles, Side Dishes, Snacks
- Baking Mixes, Cereals, Apple Sauce
- Fresh Produce & Bread on a Limited Basis

We're not just food!



- Personal Care Products (dental, soap, shampoo)
- Varied basic household needs
- CFP staff can connect you to other resources

For More Information:
usm.maine.edu/foodpantry

Email us at:
campusfoodpantry@maine



CAMPUS FOOD PANTRY

How can I support the Campus Food Pantry?

- Donate non-perishable, unopened, unexpired food or other items
- Online Donations: usm.maine.edu/givefoodpantry
- Participate in the CFP Food Drives
- Volunteer Time
- Spread the word to friends, classmates, and colleagues!

Suggested items to collect & donate:

Food Items (consider Gluten Free and Low Sodium):

- Pasta
- Instant Potatoes
- Tuna/Canned Meat
- Peanut Butter
- Pasta Sauce
- Canned Vegetables
- Packaged Fruit
- Noodles
- Cereal/Oatmeal
- Apple Sauce
- Mac and Cheese
- Ramen
- Stuffing Mix
- Condiments
- Microwavable Meals
- Canned/Boxed Meals
- Energy/Granola Bars
- Jams/Jellies/Honey
- Salad Dressing
- Crackers/Snacks
- Stuffing/Pasta Sides
- Soup
- Popcorn
- Rice
- Beans
- Tea/Coffee
- Spices
- Salsa/Pickles
- Cooking Oils
- Baking Mixes



Other Items:

- Gift Cards to Local Grocery Stores
- Reusable Shopping Bags
- Toothbrushes/Toothpaste
- Deodorant and Soap
- Detergent/Cleaning Products
- Shampoo/Conditioner
- Travel Size Toiletries
- Food Storage Bags/Containers (new only)

