

Support the USM



FOOD PANTRY

DID YOU KNOW? NEARLY 36% OF COLLEGE STUDENTS
EXPERIENCE FOOD INSECURITY

The food pantry serves to benefit USM commuter students and those in need in our community.

Ways to help:

- *Donate non-perishable food items (see next page for suggestions)**
- *Donate cash, checks, or gift cards**
- *Spread the word to friends, classmates and colleagues!**

Donations can be dropped off to the food pantry, located in the Commuter Lounge in the Woodbury Campus Center.

Questions? Contact:

Madeleine Lutts, madeleine.lutts@maine.edu

Items to Donate

Proteins:

canned tuna
canned chicken
canned beef stews
canned salmon
bean soups
canned or dried
beans
baked beans
canned chili
peanut butter
canned nuts

Grains:

rice and rice mixes
pastas - box or can
noodle mixes
mac and cheese mix
cold cereals
bran cereal
shredded wheat
hot cereal mixes
oatmeal
bread, muffin, and
pancake mixes
whole-grain crackers
granola bars
graham crackers
flour

Dairy:

infant formula
nonfat dry milk
evaporated milk
instant breakfast drinks
canned & boxed
pudding



Vegetables:

canned vegetables
vegetable soup
canned tomatoes
spaghetti sauce
baby-food
v-8 juice

Fruits:

applesauce
dried fruits
baby-food fruit
fruit leather
spaghetti sauce
canned/boxed fruit
fruit juice

Personal Care Products:

feminine hygiene
products
travel size shampoo
toothpaste
toothbrushes
razors
deoderant