

# UNTHSC FOOD PANTRY

## Needed Items

### Fruits & Vegetables

- Canned fruits
- Fruit cups
- Canned or instant potatoes
- Vegetable broth
- Canned soups
- Fruit snacks

### Beans, Legumes, Nuts

- Dried/canned lentils
- Nuts (peanuts, almonds, walnuts, pistachios, etc.)
- Peanut or other nut butters

### Other Food Products

- Bottled jams, jellies, or preserves
- Oils for cooking
- Bottled salad dressing
- Syrup
- Pudding cups
- Pasta sauce

### Grains

- Boxed cereal
- Dried oat/instant oatmeal
- Pasta (spaghetti, macaroni noodles)
- Baking Mixes (pancakes, cornbread muffins, biscuits, breads, etc.)
- Dried rice or seasoned rice mixes
- Dried or instant quinoa
- Microwave popcorn
- Crackers
- Granola bars

### Meat, Poultry, Fish, Protein

- Canned or packaged salmon, chicken, or turkey
- Jerky (beef, turkey, etc.)
- Canned or boxed beef or chicken broth

### Miscellaneous

- Toiletries
- Diapers
- Baby food
- Feminine hygiene products

\*Please keep in mind that donations must be unopened, nonperishable, and NOT expired\*

Questions regarding the UNTHSC Food Pantry should be directed to the Office of Wellness Services at [WellnessServices@unthsc.edu](mailto:WellnessServices@unthsc.edu)