

# FEED *-the-* PACK

THE FOOD PANTRY AT NC STATE

## WHAT TO DONATE

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### Fruit

- Apple/Fruit Sauces
- Canned peaches
- Canned pears
- Canned pineapple
- Dried fruit

### Breakfast

- Cereal
- Oatmeal
- Pop Tarts
- Granola

### Snacks

- Beef jerky
- Crackers
- Peanut Butter Crackers
- Popcorn
- Granola Bars
- Chocolate

### Grains

- Pasta
- Rice
- Mashed potato packets
- Macaroni and Cheese
- Cornmeal
- Flour

### Baking Items

- Vegetable oil
- Olive oil
- Canola oil
- Cake mix
- Cookie mix

### Protein

- Beans
- Peanut Butter
- Nuts
- Canned tuna/fish
- Canned meats

### Soups & Sauces

- Canned soup
- Canned chili
- Tomato sauce
- Alfredo sauce
- Chicken broth
- Vegetable broth
- Beef broth

### Spices & Seasonings

- Spices
- Seasoning packets
- Salt
- Pepper

### Condiments

- Ketchup
- Salad Dressings
- Jelly
- Mustard
- Salsa
- Pickles
- Hot sauce
- Mayonnaise
- Soy sauce
- Worcestershire sauce

### Beverages

- Water
- Juice boxes
- Tea
- Coffee
- Vitamin Water/Gatorade/Powderade

### Hygiene

- Toothbrushes
- Tooth paste
- Shower toiletries
- Hand soap
- Dish soap
- Sponges
- Menstrual products
- Hand sanitizer
- Wipes