



Office of
Spiritual Formation

SUNBIRD FOOD PANTRY & COMMUNITY CHEST

Suggested Donation Items

We are beyond grateful for your support of the Sunbird Pantry. Monetary donations can be made **online** by selecting “Other” as your designated giving and typing “Sunbird Pantry” in the text box.

Meal items can be donated to the Office of Spiritual Formation (OSF) during regular business hours (Monday – Friday, 8:00 a.m. – 5:00 p.m.). **Please DO NOT leave food outside of the pantry as it will attract unwanted pests.** Items that are damaged or expired cannot be accepted. As you review the list, note that the items marked with an asterisk (*) are in high demand.

Take & Make Items

These items are pantry staples for residential students with kitchens in their living areas, commuters and students with families. *Consider whole wheat, gluten-free, dairy free and vegan options as you prepare your donation.*

Rice and Grains

White* & brown rice	Pasta* (rice noodles, elbows, fideo, fettucine,
Bulgar, quinoa, couscous or farro	spaghetti, etc.)

Canned Goods (Many students do not have access to can openers; please consider canned food with an easy open tab.)

Chicken broth*	Salsas
Beans* (pinto, black and garbanzo beans, chickpeas, etc.)	Diced tomatoes*
Vegetables (green beans, corn, sliced carrots, split peas, tomatoes, etc.)*	Tomato paste*
Olives or capers	Red peppers
Chiles (chipotle, pickled jalapeños, etc.)	Canned meat* (chicken, tuna, salmon, anchovies)

Baking & Instant Cooking

Flour*	Evaporated milk
Baking soda	Pancake/waffle mix*
Baking powder	Instant mashed potatoes*
Cooking oils	Instant beans*
	Minute Rice

Spreads & Sauces

Nut butters (peanut, almond, cashew)*	Mustard
Jelly (grape or strawberry)*	BBQ sauce
Ketchup*	

Grab & Go Items

These items are quick snacks for students on the go or taking a break in between classes. Consider whole wheat, gluten-free, dairy free and vegan options as you prepare your donation.

Instant Noodles & Microwaveable Meals

Top Ramen*	Oatmeal
Cup of Noodles	Mac & cheese*
Ramen & soup bowls	

Single Serve Snacks* (small snack bags are preferred)

Doritos	Ritz Crackers	Pretzels
Cheez-Its	Cereal	Dried fruit
Lays Chips	Fruit snacks	Granola bars
Cookies	Fruit cups	Applesauce
Cracker sandwiches	Trail mix	Popcorn

Refrigerated & Freezer Items

The pantry has limited storage for cold and frozen food. *Please refrain from donating frozen meat or fresh produce as we are currently unable to accommodate for these items.*

Frozen Food

Hot Pockets*	Chicken patties
Burritos (breakfast, bean & cheese, beef & cheese, etc.)	Uncrustables
Pot pies*	Vegetables
Pasta bowls*	Fruit*

Dairy

Milk (whole, 2%, almond, soy, etc.)*	Yogurt
Cheese (sliced or shredded)*	Smoothie pouches
Butter	

Drinks

Fruit juice (orange, apple, grape, etc.)*	Bottled water*
Capri-Sun	Protein shakes*

Refrigerated Items*

Bread (wheat, white, multigrain, etc.)	Eggs
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Toiletries

These items are housed in the Community Chest and are highly requested by students. Travel and full-sized items are welcomed.

Personal Care

Hair combs & brushes

Shampoo*

Conditioner*

Lotion

Q-Tips

Personal Hygiene

Soap bars & body wash*

Razors*

Toothpaste*

Toothbrushes*

Toilet paper

Feminine products (tampons & pads)*

Deodorant*