

STUDENT PANTRY

MHOS

Food For Thought, offers nonperishable food to students and their families who are impacted by financial hardship.

DONATION

Bring items to Summer Summit!

Earn raffle tickets (MACRAO Bucks) for donating items!

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Shelf stable protein, condiments, canned fruit, full size hygiene items, and more!

See next page for a full list of items in need.

Higher point items are most needed!

Scan the QR code if you go the QR code if you go the good the would like to donate the funds toward the endowment.

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5 Points
protein shakes
canned protein (chicken, spam, jerky)
can openers
snacks (granola bars, breakfast bars, fruit snacks, nuts, dried fruit, chips)
peanut butter, nut butters, jelly, jam, and honey
breakfast foods (cereal, pancake mix, syrup, oatmeal, cream of wheat, grits, Pop-tarts)
boxed or canned meals (Mac & Cheese, Hamburger Helper, Chef Boyardee, Spaghettio's)
microwavable meals/Grab-&-Go items (soups, breakfast items, Hormel Completes)
rice/pasta sides (Knorr, Uncle Ben's, Rice-A-Roni, Pasta-Roni, Hamburger Helper)
grains (oats, guinoa, rice, couscous)
pasta or pasta sauce
toilet paper (4-count) or paper towel (2 rolls)
feminine products
4 Points
Cooking oil (spray or liquid)
Easy mac
salad dressings/marinades, vinegar, ketchup, mustard, BBQ, mayo, hot sauce, salsa
aift cards (Kroger, Meijer) 4 points per $1 amount
3 Points
canned fruit, apple sauce, fruit cup 4pk, diced peaches
crackers (Saltines, Ritz, Cheez-its, Triscuits, Wheat Thins)
microwavable popcorn
around coffee
stuffing, instant potatoes
broth (beef, chicken, veggie)
full size hygiene/ dental products (body wash, toothpaste, deodorant, razors)
Box of juice boxes
2 Points
baking mixes (cake, brownie, muffin, cookie, pudding, cornbread)
drink mixes (hot cocoa, tea, propel, Gatorade)
spices & seasonings (salt, pepper, garlic powder, onion powder, paprika, taco, chili)
Small cereal cups
chunky soups (Campbell's Chunky, Homestyle, Progresso, canned chili)
Ramen per 6 pack
Canned beans
Baby snacks (puffs, fruit bars)
Baby wipes
Cleaning wipes
1 Point
pickles, olives
gravy (jar or can)
Frosting
Canned veggies
travel size hygiene/ dental products (body wash, toothpaste, deodorant, toothbrushes)
O Point (because of surplus and low demand by students who use the food pantry)
Campbell's condensed soups
Tuna
Canned green beans
Kleenex (per box)
Shampoo and conditioner
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