



Food Pantry Donation Guide

Thank you for your interest in donating items to our Food Pantry! This guide is here to help you consider what types of items to donate to our pantry. Feel free to contact us at wellness@apu.edu to schedule your drop-off or for more information. For specific guidelines for donations, visit this resource [Nutrition Guidelines](#).

Food that we can accept

- ✓ Shelf-stable/non-perishables
- ✓ Sealed & unopened
- ✓ Before or at expiration date

Food that we can't accept

- ✗ Perishable or refrigerated
- ✗ Opened or pre-used
- ✗ 2+ months past expiration date

Preferred Items

- ♥ Single-serve or individually packaged
- ♥ Ready to eat or microwavable
- ♥ Cans with pull tabs/rings
- ♥ Nutritious/low sodium foods

If you aren't sure if your donation is acceptable, feel free to bring it in and we'll check it out for you.

Suggested Food Items		
<p>PROTEIN</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned Chicken <input type="checkbox"/> Canned SPAM/Ham <input type="checkbox"/> Canned Tuna/Other Fish <input type="checkbox"/> Beef Jerky <input type="checkbox"/> Beans or Chile <input type="checkbox"/> Nuts, Seeds or Trail Mix <input type="checkbox"/> Peanut Butter <p>VEGETABLES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned Corn <input type="checkbox"/> Canned Sweet Peas <input type="checkbox"/> Canned Carrots <input type="checkbox"/> Canned or Boxed Potatoes <p><small>(Our students tend to not like canned green beans or beets)</small></p>	<p>GRAINS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Granola Bars <input type="checkbox"/> Cereal or Oatmeal <input type="checkbox"/> Rice <input type="checkbox"/> Crackers <input type="checkbox"/> Ramen Cups/Packets <input type="checkbox"/> Spaghetti or Dry Pasta <input type="checkbox"/> Mac & Cheese <p>FRUITS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned or Dry Fruit <input type="checkbox"/> Applesauce or Fruit Cups <input type="checkbox"/> Jelly, Jam & Fruit Spreads 	<p>BEVERAGES</p> <ul style="list-style-type: none"> <input type="checkbox"/> Tea <input type="checkbox"/> Coffee <input type="checkbox"/> Bottled Water <input type="checkbox"/> 100% Fruit Juice Beverages <p>OTHER</p> <ul style="list-style-type: none"> <input type="checkbox"/> Pasta Sauce <input type="checkbox"/> Shelf-stable Milk <input type="checkbox"/> Canned Soups <input type="checkbox"/> Seasonings

Our Pantry is now accepting individually packaged and unopened

Hygiene Items!

- Feminine Hygiene
- Toothpaste
- Toothbrushes
- Deodorant
- Shampoo
- Conditioner
- Lotion
- Body Wash/Soap
- Laundry Detergent
- Dish Soap
- Toilet Paper
- Tissues/Kleenex
- Hand Sanitizer

We Accept Financial Donations!
 You can give financially to the food pantry online through the [Valentine Student Emergency & Food Pantry Fund](#).