



## Sycamore Pantry Shopping List

*Please consider donating more nutritious foods (e.g. no added sugar, whole grains, low-sodium) and items to support a variety of diets (e.g. vegetarian, vegan, gluten-free).*

Paper towels, toilet paper, tissues, flushable wipes	Crackers, chips, & snacks (e.g. applesauce, yogurt, popcorn, granola bars)	Quinoa, barley
Menstrual products (e.g. pads, tampons, cups)	Nuts, dried fruit, seeds (e.g. almonds, sunflower, pecans)	Spices (e.g. garlic, onion powder, salt, pepper, cumin, chili powder)
Hygiene products (e.g. toothbrush & paste, deodorant, razors, shaving cream, soap)	Desserts, sugar, flour, baking items	Condiments (e.g. salsa, mayonnaise, mustard, ketchup, hot sauce)
Gatorade, water (sparkling & flat), juice (fruit & vegetable), flavor packets	Canned fruits, veggies (e.g. sweet potatoes, beets, asparagus, mushrooms)	Pasta and sauce, mac & cheese
Instant coffee, k-cups, canned coffee	Dried and canned beans/peas (e.g. black, pinto, chickpeas, black-eyed, lentils)	Cooking oils (e.g. vegetable, olive, canola)
Cereal, oatmeal, grits, cream of wheat	Canned protein (e.g. chicken, tuna, salmon, spam)	Nut butter (e.g. peanut, almond)
Creamer (e.g. regular, soy, oat)	Rice and rice sides, instant/canned potatoes	Paper plates, bowls; plastic utensils and cups
To-go/microwave snacks & meals (soups, mac and cheese cups, yogurt)		Baby wipes, diapers, powder, formula, bottles
		Pet food

## Donation Drop-Off & Pick-Up Information

**DROP-OFF OR PICK-UP:** Email [ISU-SycamorePantry@indstate.edu](mailto:ISU-SycamorePantry@indstate.edu) to schedule a drop-off or pick-up with team. When possible, please notify us 2-3 days in advance.

**NON-PERISHABLE ITEM DROP-OFF:** Anytime at Student Health Promotion (HMSU, 508) or Sycamore Pantry (Student Recreation Center, Room 131).