

SURGE CUPBOARD DONATION SUGGESTIONS

BREAKFAST ITEMS	PROTEINS	DRY GOODS	CANNED/JARRED /INSTANT FOODS	TOILETRIES
Pancake Mix	Peanut Butter/Jelly	Macaroni and Cheese	Pasta Sauce	Shampoo
Syrup	Nuts	Beans	Soup	Conditioner
Cereal	Tuna	Pasta	Vegetables	Body wash
Oatmeal	Chicken	Rice	Fruit / Apple Sauce	Hand Soap
Pop-Tarts	Salmon	Tuna Helper	Beans	Deodorant
PANTRY STAPLES	Corn Beef	Prepared Dinners	Chili	Toilet paper
Cooking Oil (olive, canola , etc)	Beef Stew	Hamburger Helper	Canned Pasta (ravioli, Spaghetti-Os)	Sanitary Items (tampons/pads)
Sugar/ Flour		Instant Potatoes	Granola Bars	Toothbrushes
Honey		Ramen	Protein Bars	Toothpaste/Floss
Salt/Pepper		Bread	CUP OF : mac &cheese Noodles/Ramen	Razors/Shaving Cream

INTERNATIONAL STAPLES

Grits	Dry Fish	Unrefrigerated Corn Tortillas	Beans	Roasted Peanuts
Flour: Corn, Maseca, Teff, Gari.	Angel Hair Pasta	Unrefrigerated Wheat Tortillas	Rice	Couscous



THE SURGE CUPBOARD
 Cincinnati State Student Food Pantry