



HELP FIGHT HUNGER ON CAMPUS!!!

Please help support “The Pantry” at Mercer County Community College. This food pantry is available to students at both Mercer campuses who are food insecure. Food insecurity means that a person does not have reliable access to a sufficient quantity of affordable, nutritious food to maintain good health. According to a recent report, *Hunger on Campus: The Challenge of Food Insecurity for College Students*, research found that HALF of community college students are food insecure, and 25% are very food insecure!¹

You can help make a positive impact on these student lives by donating certain food items, specifically individual/ready-to-eat/snack pack/etc. portions. Please drop off any food donations to the Security Desks at both campuses. Below is a list of suggested items.

BREAKFAST	RAMEN/SOUP	DRINKS	SNACKS
<ul style="list-style-type: none"> ▪ Oatmeal/Grits (instant) ▪ Cereal (individual bowls) ▪ Granola & Fruit Bars 	<ul style="list-style-type: none"> ▪ Cup of Noodles ▪ Ramen/Noodle Bowls ▪ Pop-top Soups (microwave) 	<ul style="list-style-type: none"> ▪ Juice Boxes/Bottles ▪ Powerade/Gatorade ▪ Water (16oz-1ltr) ▪ Vitamin Water 	<ul style="list-style-type: none"> ▪ Jell-O, Pudding Cups ▪ Chips, Pretzels, Popcorn, Crackers, Cookies
BEANS, MEATS, & PROTEINS	FRUITS & VEGETABLES	RICE, PASTAS, STARCHES, & SIDES	OTHER
<ul style="list-style-type: none"> ▪ Peanut Butter, Beans ▪ Trail Mix, Nuts, Seeds ▪ Tuna/Salmon/Chicken ▪ Chef Boyardee, pop-top microwave meals. 	<ul style="list-style-type: none"> ▪ Fruit cups/Applesauce ▪ Canned fruit/veggies ▪ Dried Fruits ▪ Tomato Sauces ▪ Grape Jelly 	<ul style="list-style-type: none"> ▪ Mac & Cheese ▪ Pasta/Noodles ▪ Rice/Quinoa ▪ Microwaveable meals/sides 	<ul style="list-style-type: none"> ▪ Toiletries (soap, dental, deodorant, etc.) ▪ Feminine Products (pads, tampons)

Note: We cannot accept perishable, glass, bulk, damaged, opened, or expired items. We also accept checks and gift cards (Shop Rite, Wegmans, Walmart, Costco, etc...)

If you have any questions, please email us at: foodpantry@mccc.edu

THANK YOU FOR YOUR CONSIDERATION AND SUPPORT!