



## Shopping List Ideas for Miami Dade College Student Food Pantry

### Foods:

- Canned Tuna Fish
- Canned Salmon
- Sardines
- Dried Lentils or other legumes
- Canned Beans
- Peanut Butter
- Jam or Jelly
- Canned or Boxed Milk
- Canned or Boxed Soup
- Jarred Pasta Sauce
- Rice
- Pasta
- Dried Fruit
- Almonds or other nuts
- Granola bars
- Fruit and Nut bars
- Boxed Dry Cereal
- Oatmeal Packets or Cups
- Protein Shakes

### Self-care products:

- Full-sized bars of soap
- Shampoo
- Hair Conditioner
- Dental Floss
- Mouth Wash
- Hand and Body Lotion

\* Note: Most needed items are high-protein foods and self-care items. Expired food items cannot be accepted.

*Grocery donations may be dropped off at our office Monday through Friday,  
between 9:30 a.m. and 4 p.m. until March 31, 2020.*

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Thank you!!